

TASTE & TRAVEL

INTERNATIONAL

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ROCKIES

QUEBEC
HERITAGE

ISTANBUL
STORIES

PEI
LOBSTER

Expand your culinary horizons

PLUS

INDIANA
NORMANDY
AUCKLAND
JAPAN
PARIS



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NEW ZEALAND

70¢
ISSUE 48 Winter 2023

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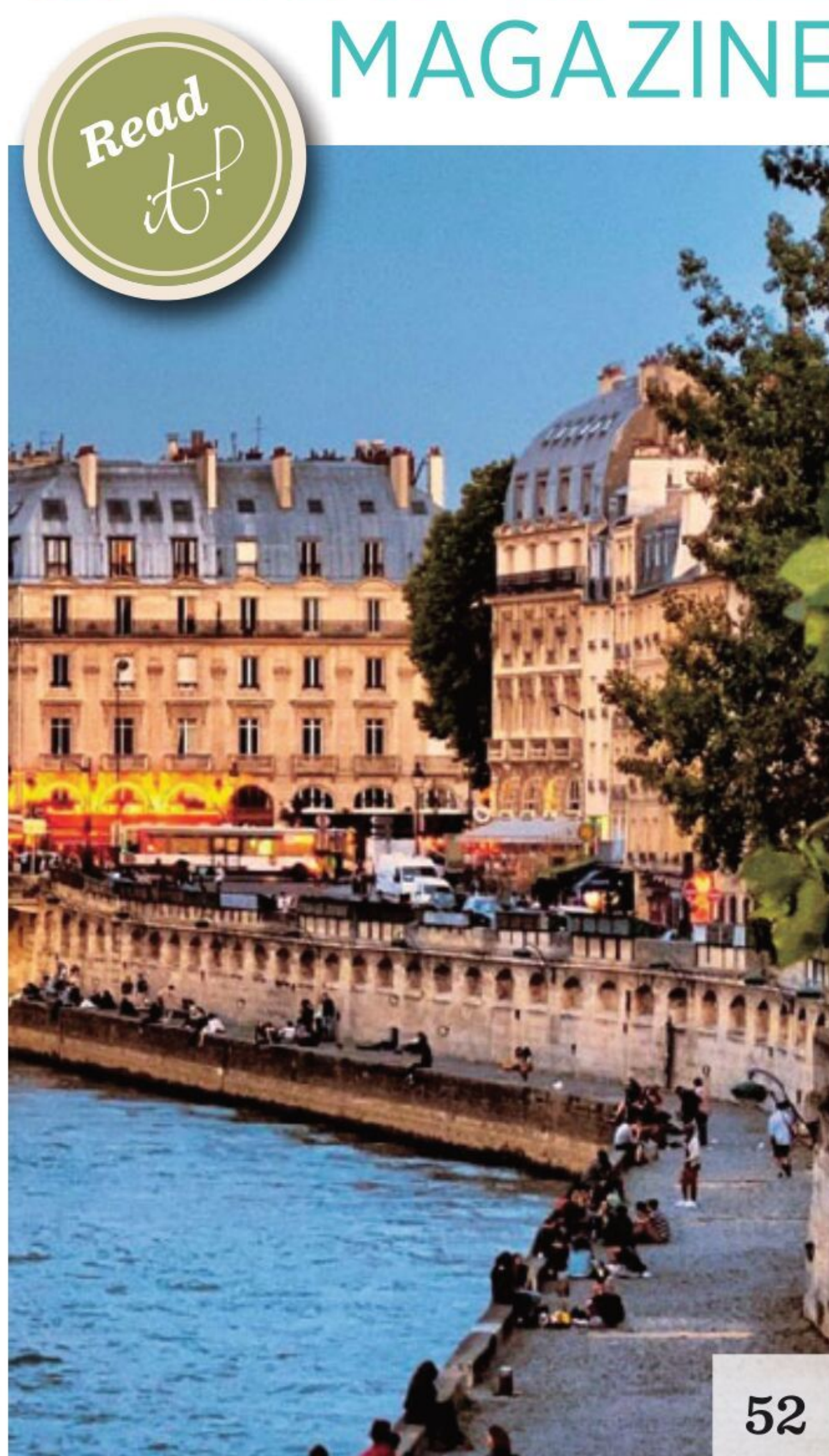
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TASTE & TRAVEL

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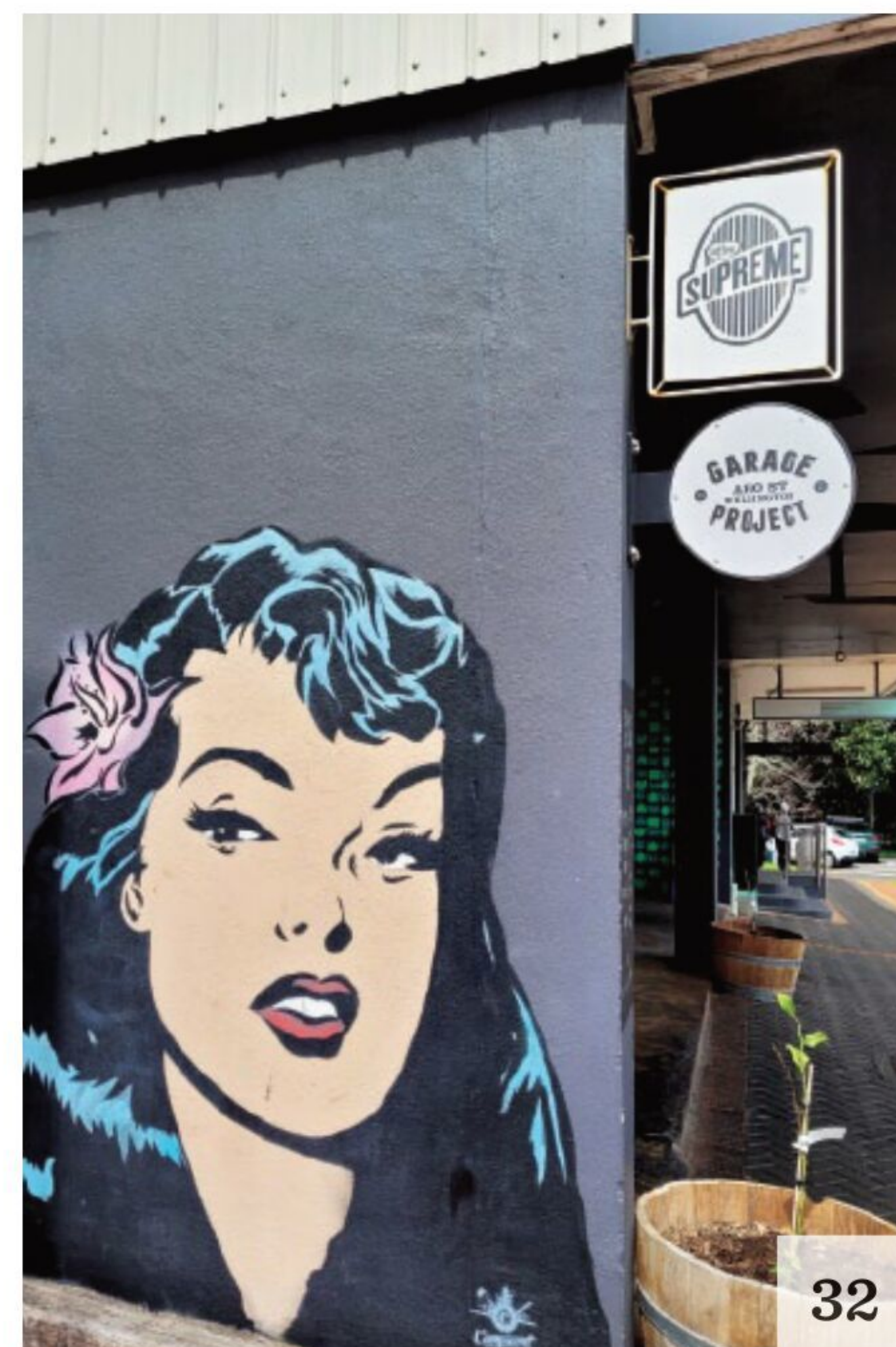
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Expand your culinary horizons



TASTE & TRAVEL MAGAZINE



Seasonal Pleasures

IF WINTER HAS YOU IN ITS CHILLY GRIP, our cover story will transport you to **summery New Zealand** — where the sun shines brightest at Christmas time. We explore **Devonport**, a charming historic neighbourhood in Auckland, find some seriously good food at a farmers' market, and share recipes from a newly published cookbook that celebrates New Zealand's **indigenous Māori heritage**.

Winter in Japan is a time to savour comforting **stews** and sip **spiced sake**. In this issue, Elizabeth Andoh explains the traditions and seasonal foods that bring joy to the Japanese table during the colder months and we have a primer that helps demystify the world of Japanese **alcoholic spirits**.

It's still mighty chilly on **Prince Edward Island** when lobster fishing begins. The ice floes are just starting to move when the boats get ready to go out to sea in **early Spring**. Read about the tradition known as **Setting Day** and try four fabulous recipes from the new and gorgeously photographed cookbook **Canada's Food Island**. Do you like the sound of Chipotle Lobster Naan Tacos? Or a Lobster Roll with Lemon Aioli and Dill? I do!

Quebec City is magical in winter and we have discovered the perfect place to treat yourself if you have a case of the winter blues, or just want to feel cozy and pampered. **Monastère des Augustines** is very special place to rest and recharge with a wellness package designed to restore body, mind and soul — at any time of year.

In this issue we're also savouring the culinary and visual delights of the **Canadian Rockies**, sharing tips for a visit to **Paris**, visiting an iconic American spa resort and soaking in the rich cultural heritage of **Istanbul**.

Happy reading and Happy Holidays!

Janet P. Boileau
PUBLISHER



PUBLISHER **Janet P. Boileau**

SENIOR EDITORIAL CONSULTANT
Christopher P. Hill

CREATIVE DIRECTOR **Charlotte Kahn**

SENIOR EDITOR
Anne DesBrisay

CONTRIBUTING EDITORS
Elizabeth Andoh, Stephanie Arsenault, Andrea Ratuski, Pam Collacott, Elyse Glickman, Anne Mendelson, Michele Peterson, Susan Hallett, Jessica Kobel

TRAVEL EDITORS **Susie Ellison, Todd Lawrence**

EUROPEAN EDITOR **Susan Hallett**

FOOD EDITOR **Shari Scheske**

CONTRIBUTING PHOTOGRAPHER
Michel Chicoine

WEB DIRECTOR **Michael Hyde**

WEB EDITOR & SOCIAL MEDIA MANAGER
Emily Kennedy

ADVERTISING SALES
advertising@tasteandtravel.ca

CONTACT US
info@TasteAndTravelMagazine.com

EDITORIAL ENQUIRIES editorial@TasteAndTravelMagazine.com

SUBSCRIPTIONS & CIRCULATION
info@TasteAndTravelMagazine.com

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AUGUST
05
2023

LANGDON HALL

A celebration of Canadian food and food producers

From coast to coast all across Canada, the country's top restaurants and leading chefs are showcasing Canadian ingredients with seasonal menus celebrating the bounty of land and sea.

Home cooks are taking part as well, with backyard barbecues, parties and markets that celebrate Canadian food, some of the finest and freshest in the world.

JOIN THE PARTY!

ON SATURDAY AUGUST 05, 2023

COOK CANADIAN!

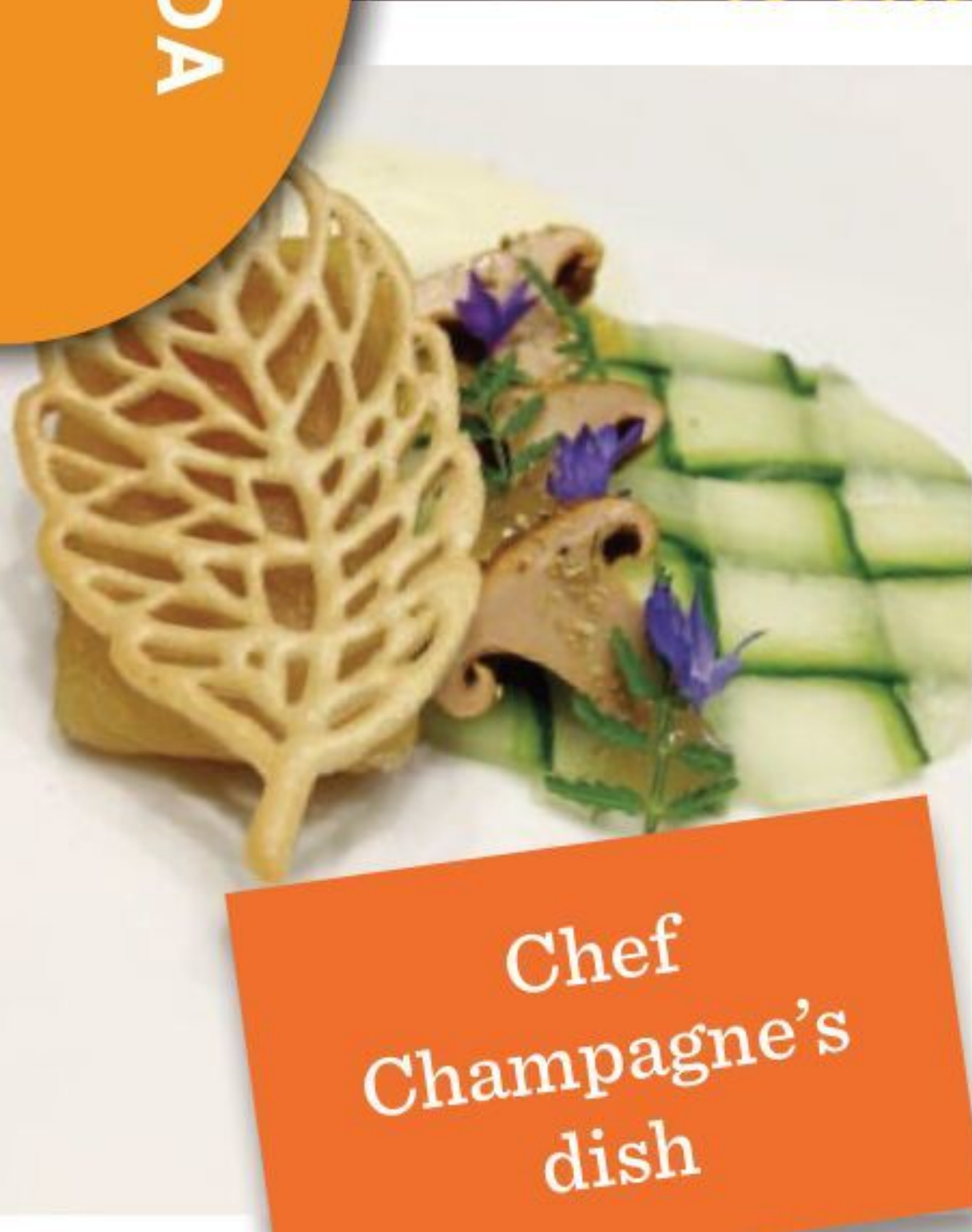
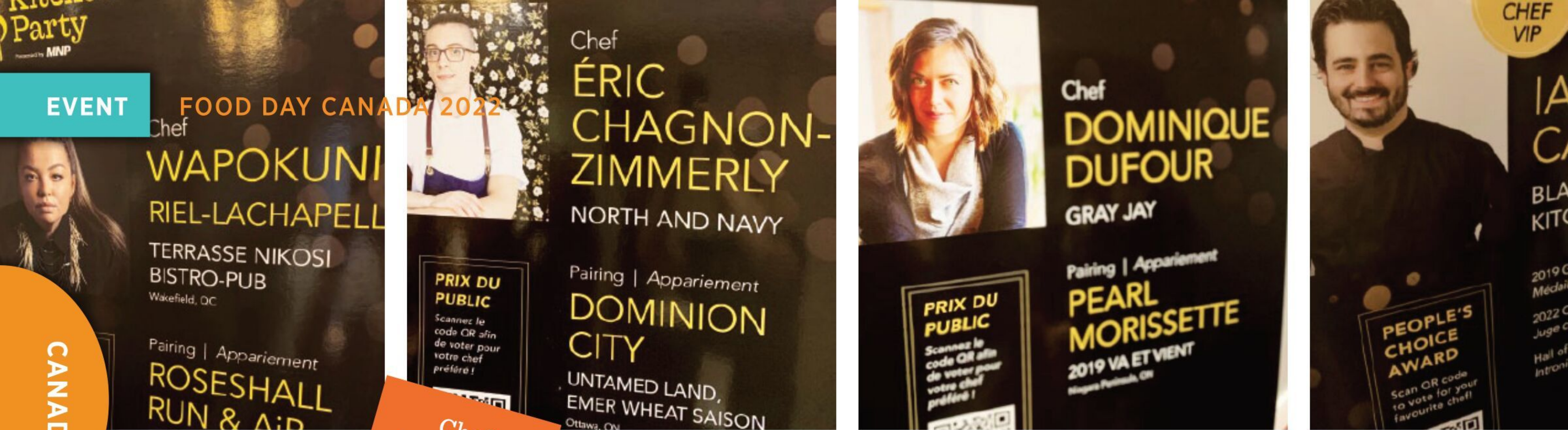
HERE'S HOW TO TAKE PART

<https://fooddaycanada.ca/fooddaycanada/>

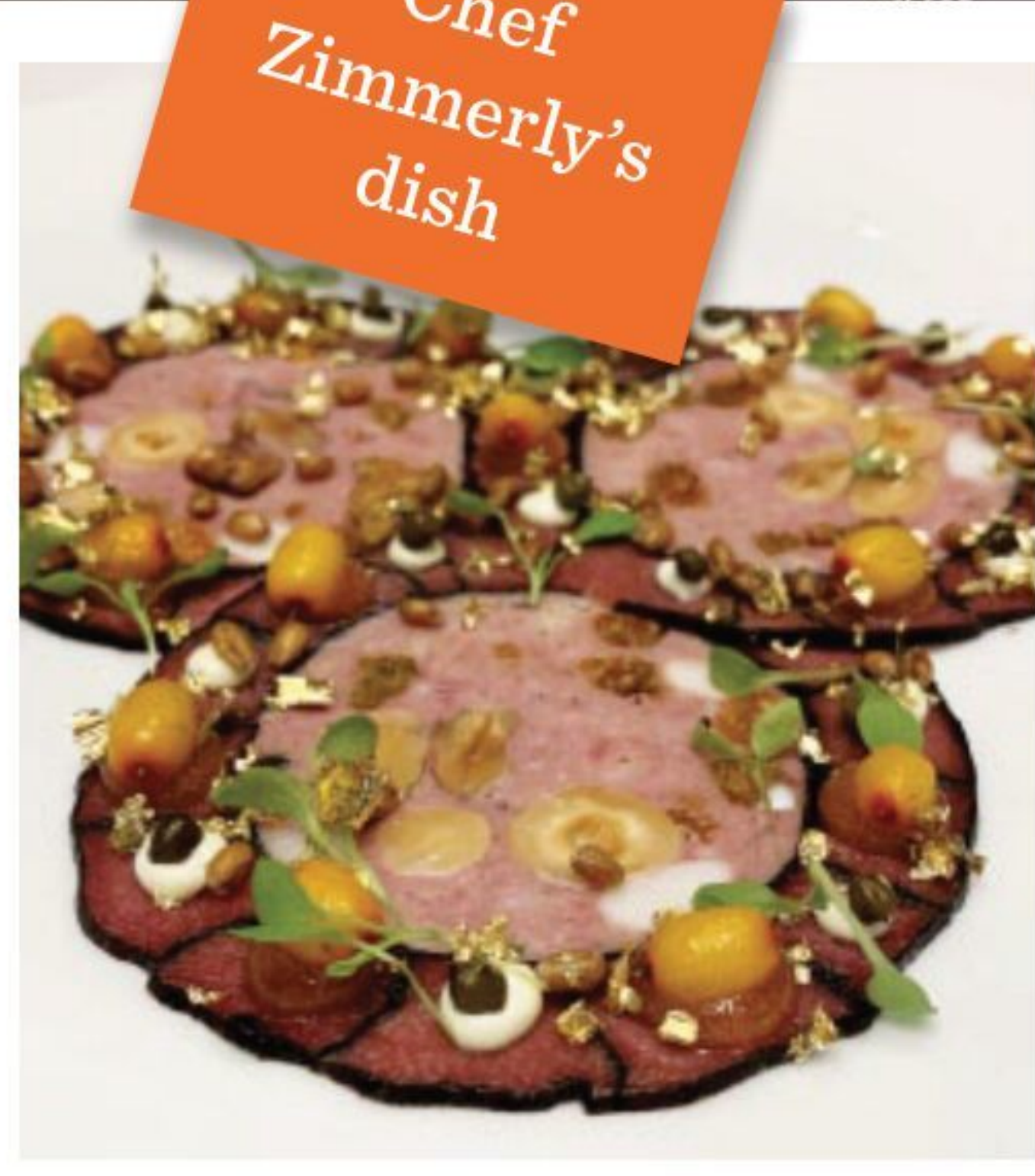


KitchenAid[®]





Chef Champagne's dish



Chef Zimmerly's dish



Chef Kim's dish



Briana Kim 1st place



Chef Dufour's dish



VIP Chef's dish



Chef Wapokunie's dish



Canada's Great Kitchen Party

After a three-year hiatus Canada's Great Kitchen Party hit the ground running with the first event of the 2022 campaign — the Ottawa-Gatineau regional competition to identify a local champion to take on the rest of the country at the Canadian Culinary Championship in Ottawa in February 2023. The bronze medal went to Chef Justin Champagne of Perch and the silver medal to Chef Éric Chagnon-Zimmerly of North and Navy. Winning the gold medal was Chef Briana Kim of Alice, with a plant-based dish that received the unanimous top vote of the judges.

Tickets for the Canadian Culinary Championship are available to purchase at <https://greatkitchenparty.com/ca/culinary-championships/#ticket-info>



HOT OFF THE GRILL

>>> WHAT'S NEW IN THE WORLD OF CULINARY TRAVEL

Plan the Perfect Après Ski at Fairmont Banff Springs

Canada's Castle in the Rockies has an array of options where skiers can sip and unwind after hitting the slopes. The recently renovated Fairmont Gold Lounge makes for a luxurious and cozy après ski hangout with afternoon canapes, coffees, hot cocoa and warm fireplaces. For the skiing sommelier, Grapes Wine Bar (formerly the hotel's writing room) lets patrons relax with a glass from the cellar, expertly paired with cheese and charcuterie in a rustic dark wood setting. With the Luxury Fire Pit Experience skiers can enjoy a post-slope fire and order warm drinks or signature cocktails from their designated butler, while staring in awe at the upper terrace's million dollar view. Banff's Canadian Rockies Ski Package has everything skiers need to make this delicious ski getaway a reality. www.fairmont.com/banff-springs



Amphlett House Taphouse Opens at Melbourne's Ovolo Laneways

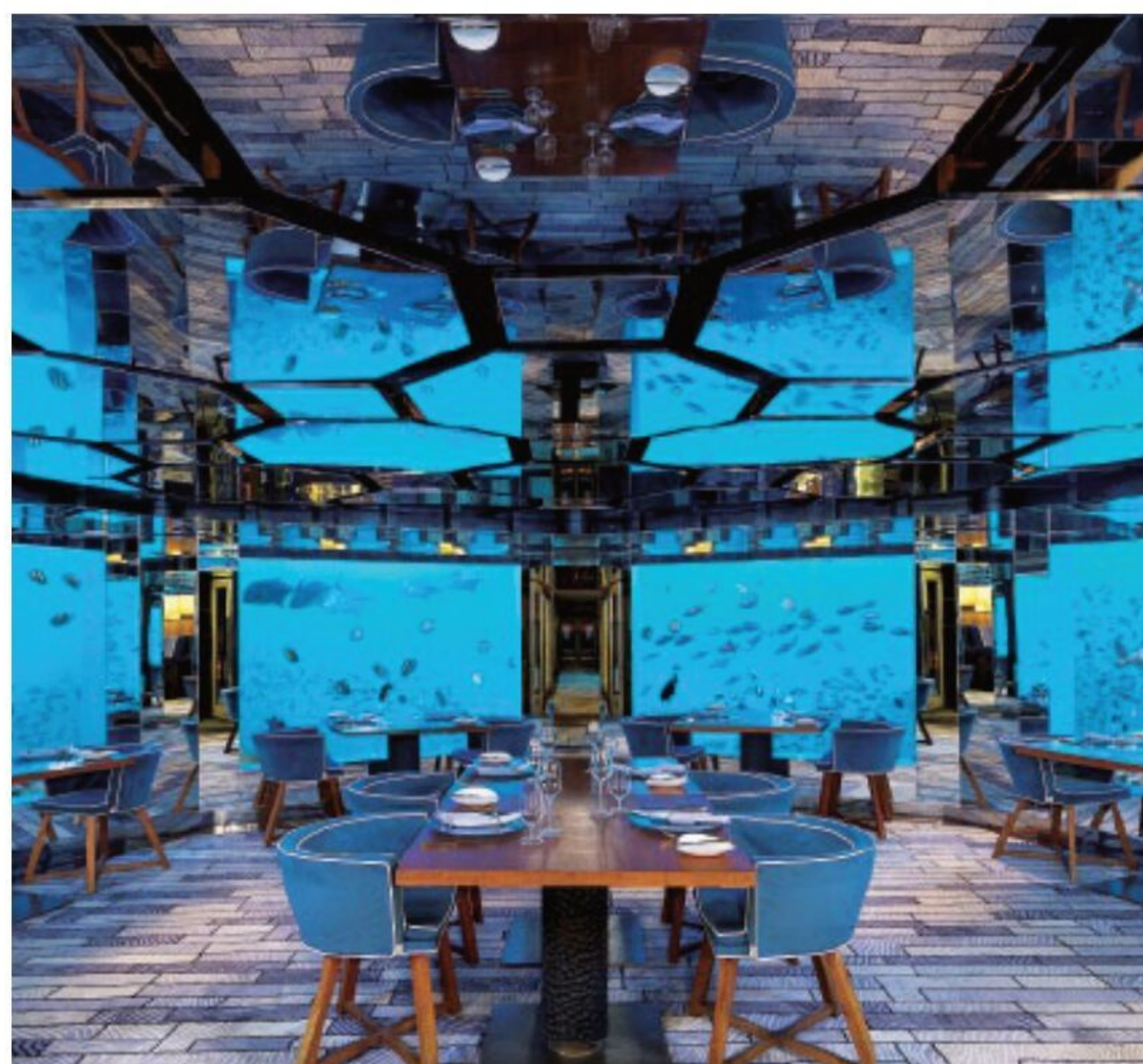
Amphlett House, an upscale taphouse, has opened its doors at Ovolo Laneways hotel in the heart of Melbourne's restaurant and theater district. The 120-seat taphouse features craft beer, wine and cocktails on tap paired with elevated pub classics from celebrated Melburnian chef, Ian Curley. Amphlett House worked in partnership with a food scientist when creating the cocktail list, using completely sustainable Australian ingredients. The beer selection features boutique Australian breweries, while 75% of the wines come from local producers. The food concept at Amphlett House is a classic menu highlighting the quality produce of Victoria. www.amphletthouse.com.au



Cullinan Belek Opens on the Turkish Riviera Named after the largest rough diamond ever found, Cullinan Belek, a luxury property on the Turkish Riviera, opened its doors in June 2022, welcoming guests to enjoy the turquoise coast, five-star service and lavish facilities. Located in Belek, Antalya on its own private white-sand beach, the five-star hotel boasts 600 rooms including 10 luxury suites, a 36-hole golf course, an aquapark, a kids club and a top-of-the-range spa and fitness centre, C'Espace Spa. With 10 restaurants and five bars, diners are spoilt for choice and can opt for a range of cuisines including Asian, steak, Turkish and international. www.cullinanhotels.com

HOT OFF THE GRILL

CURATED BY
DAMIAN MARSH



Introducing an Exclusive Underwater Fine Dining Experience in the Maldives

Anantara Kihavah Maldives Villas has announced Savour 7 at SEA, an exclusive adults-only fine dining experience at the world's most famous underwater restaurant. Setting the mood for an evening of culinary indulgence, the exclusive experience combines the enchantment of dining 20 feet below the sea's surface,

(surrounded by vast vibrant sea-life in the most famed house reef in the Maldives) with the intimacy of an evening's repast limited to six couples, or twelve adults, per sitting. Seven is the magic number for this "seventh heaven" dining experience starting at 7 pm with champagne, preceding a 7-course dégustation menu of culinary delights, with optional wine pairing from the world's first underwater wine cellar, featuring 450 labels.

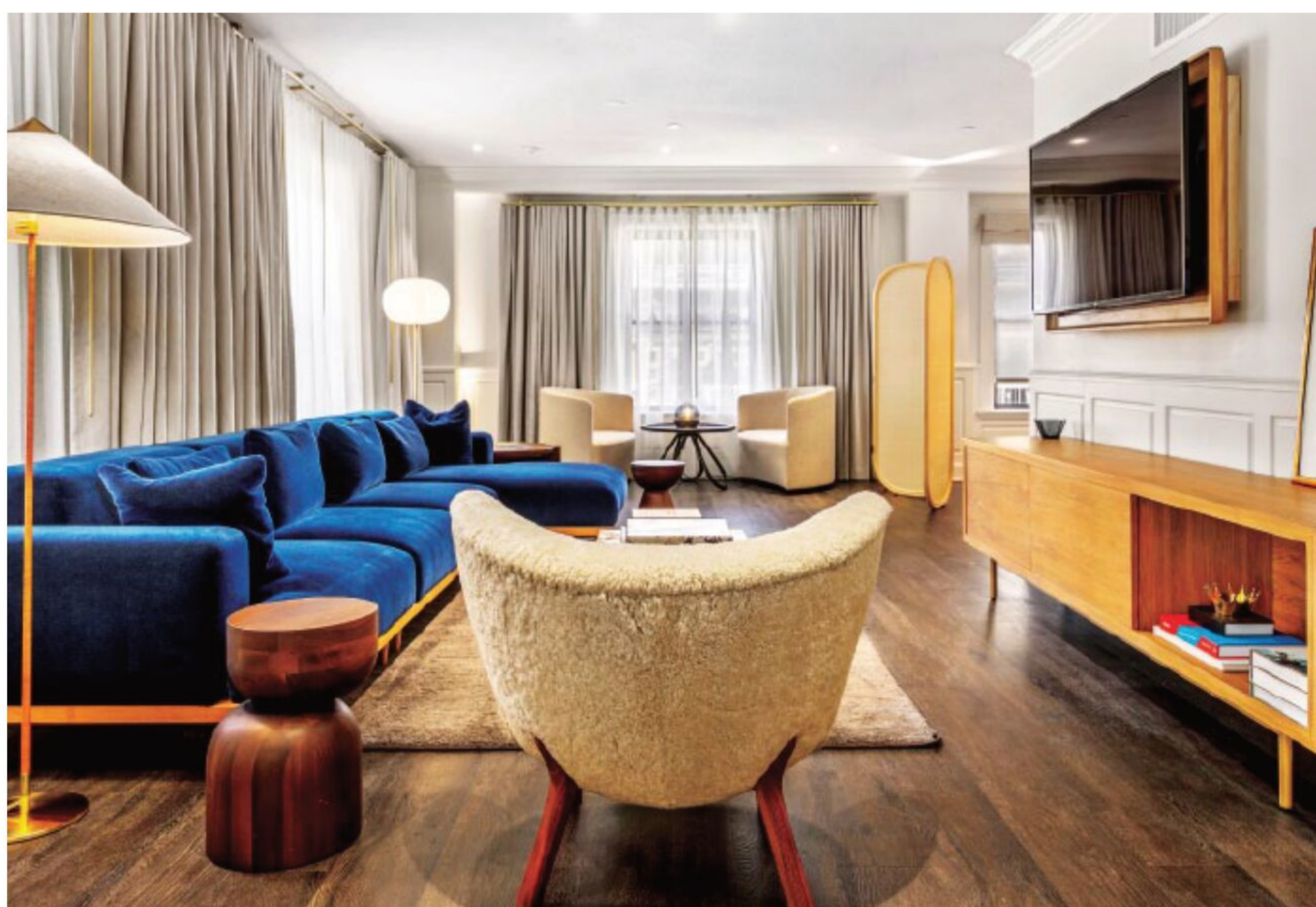
www.anantara.com



Tabacón Thermal Resort & Spa Unveils Adults-Only Rooms and Suites

Tabacón Thermal Resort & Spa in La Fortuna, Costa Rica, has debuted 14 renovated rooms and four suites with private plunge pools fed directly by thermo-mineral water from the volcanic hot springs on property. The rooms have been designed in a contemporary tropical style in keeping with their lush rainforest surroundings. The locally made furniture is crafted from native Pacific cedar wood and the artwork was commissioned from a Costa Rican watercolour artist. Floors contain pieces of natural stone in harmony with the area. The rooms all have floor to ceiling windows that open out onto private terraces or balconies with views of the rainforest and the Arenal Volcano. The Honeymoon Suites' expanded terraces accommodate either a plunge pool made from Guatemalan Verde Tical marble or a freestanding bathtub, both fed by naturally hot spring water. Guests can also enjoy Tabacón's unique thermal river experience in 18 pools comprising the largest network of naturally occurring hot springs in Costa Rica.

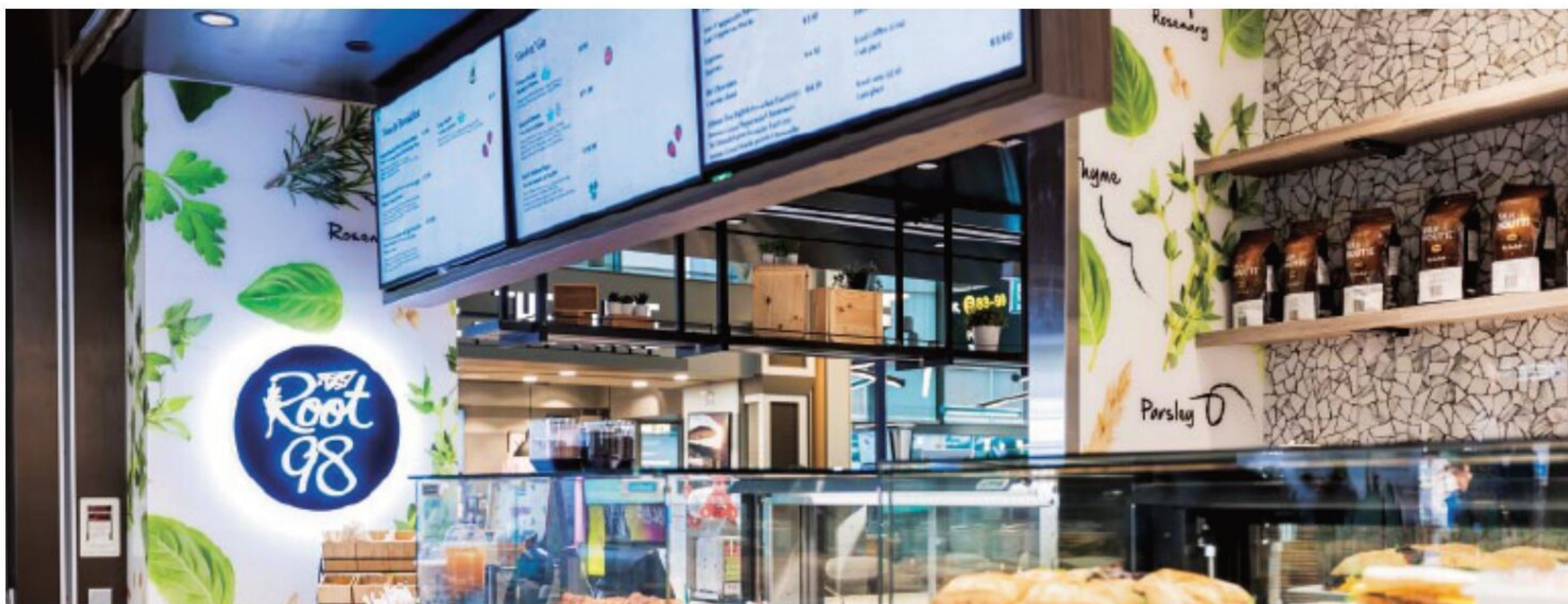
www.tabacon.com



Accor's Hotel Ändra Opens in Seattle Hotel Ändra Seattle, located in Seattle's bustling Central Business District, is the newest addition to Accor's MGallery Hotel Collection. Fresh off the heels of a \$12 million property-wide renovation, Hotel Ändra Seattle — MGallery features refined Nordic design throughout its 123 stylish guestrooms and suites across 10 storeys. Nestled between the popular South Lake Union and Belltown neighbourhoods, Hotel Ändra Seattle is conveniently located next to Seattle's top attractions, including the Space Needle, the Waterfront, Pike Place Market, and more. Its interiors highlight the Swedish baroque period with luxurious furnishings in velvet, wool, and linen inspired by the city's rich Scandinavian heritage. www.accor.com



Anantara Lawana Koh Samui Offers Private Luxury Resort within a Resort Located in a quiet palm grove just off Koh Samui's buzzing Chaweng Beach, the upscale island retreat Anantara Lawana Koh Samui Resort invites groups of families and friends to stay longer in the sublime privacy of a luxury residence. Featuring a collection of low-slung swim-out villas circling a private full-length swimming pool, Anantara Lawana's recently renovated luxury residential compound offers an exclusive resort-within-a-resort experience in one of Samui's most vibrant neighbourhoods. The private villa cluster accommodates up to 15 adults, with four King Bedrooms and one Twin Bedroom offering unmatched privacy, flawless hospitality and direct water access at all times of the day. Inspired by Sino-Thai fishing villages, the airy villas are perfect for indoor/outdoor island living, with a partially open-air bathroom equipped with a rain shower and soaking tub and a private poolside sala for sunny lunches or dinners under the stars. www.anantara.com/en/lawana-koh-samui



Root 98 Restaurant Opens in YVR Vancouver The award-winning airport lounge network Plaza Premium Lounge has unveiled its premium airport dining experience in Vancouver International Airport (YVR). A herbs and seeds inspired dining concept, Root 98 is designed to accommodate every traveller's dining tastes and needs by offering an international culinary selection. The concept places emphasis on the theatre of freshly prepared, artistically plated dishes and a combination of delightful flavours. The importance of well-being, health and nutrition education is woven into the design to promote better eating habits and lifestyle changes. Benefiting from a corner location, the design is open and inviting. Behind the front counters, packaged goods for purchase are displayed in a decor punctuated by green potted plants. A bronze canopy frames each of the spaces, and colourful graphics illustrate the concept inspiration. The restaurant is open 5 am to 8 pm daily and features two components. *Marketplace* invites travellers to sit down, relax and take in a warm meal before embarking on their journey while *Grab & Go* offers a variety of healthy and tasty packaged meals to enjoy either in flight or upon arrival. www.plazapremiumgroup.com



The Shanghai Opens in New York City World-renowned Aqua Restaurant Group, known for its collection of award-winning dining concepts and New York City's critically acclaimed Hutong, has launched The Shanghai, a glamorously gilded space inspired by the glamor of Art Deco New York and Shanghai, as the go-to destination for cocktails and late-night entertainment in Midtown Manhattan. The Shanghai will feature Hutong's full food menu plus an intriguing cocktail list incorporating Chinese spices and herbs, fire, and an air of exploration. The list features complex and elevated libations, such as the signature cocktail, Comfortably Numb mixed with vanilla vodka, lychee liqueur, Sichuan pepper honey, and ruby red grapefruit. Dried Sichuan peppers coat the rim of the glass, creating a slight tingling sensation upon sipping. The Shanghai's extensive wine and champagne list offers options from around the globe, highlighting hard to find and unique options. www.theshanghainyc.com



Turkish Airlines Introduces Online Gift Cards Flying to more countries than any other airline, Turkish Airlines has introduced the Turkish Airlines Gift Card, a brand new option for its guests through online channels. With the new Gift Card service, Turkish Airlines guests will be able to give their loved ones gift cards filled with flights to all over the world which are prepared for 10 different concepts such as New Year, Birthdays, Mother's Day and more. Following the Individual Gift Card, Turkish Airlines will also offer Corporate Gift Cards for companies to present them the option to give their employees, customers and business partners a prepaid card that can be used for purchasing flights from Turkish Airlines as incentives or rewards. Additionally, a Compensation Gift Card will also be offered to passengers to compensate them for the mishaps during their travels. Turkish Airlines' extensive flight network serves 129 countries. Gift cards can be purchased from the website at www.turkishairlines.com



Explora Journeys Unveils Maiden Voyage Itinerary Explora Journeys, the privately-owned luxury lifestyle brand headquartered in Geneva, Switzerland, will make its debut with a 15-night inaugural journey to Northern Europe with calls to 12 ports in four countries. The brand's first of six ships, EXPLORA I, was designed in partnership with the world's foremost superyacht and luxury hospitality designers. The ship will set sail on July 17, 2023 from Southampton in the UK, calling at Zeebrugge, Belgium and in Norway Geiranger, Trondheim, Molde, Leknes, Brønnøysund, Flåm, Bergen and Stavanger, before sailing to Denmark with visits to Skagen and the country's capital city, Copenhagen. Guests on board EXPLORA I's inaugural journey can look forward to immersing themselves in local cultures, both on and off the beaten path, as well as witnessing some of the world's most astonishing natural wonders while enjoying the finest luxury hospitality at sea. www.explorajourneys.com

**DESTINATION:**SOUTHERN
INDIANA**MONTH:**

October

WEATHER:18°C, sunny
and summery**TRAVELLERS:**Elyse
Glickman**COUNTRY: USA**

Upland Brewing

SOUTHERN
INDIANA

IF YOUR TRAVELS take you to Louisville, Kentucky, you should cross that bridge leading to Southern Indiana. Just across the Ohio River are Jeffersonville and New Albany, two revitalized, arts-driven neighbourhoods bringing something new to Small Town USA.

Always Refreshing

Upland Brewing has made a name for itself with a prolific range of original craft beers and seasonal brews. The Jeffersonville location's tri-level patio overlooking the Louisville skyline and the Ohio River is worth the metaphorical price of admission, matched with a food menu (including vegetarian and vegan options) as playful as the names of the beers available on its 20 taps. www.uplandbeer.com

A Bakery on the Rise

When chefs relocate from Southern California to Southern Indiana to realize their vision, it speaks volumes about the opportunities that can be found in New Albany. **Leaven Bakery and Bistro** serves as a second living room for local residents and brings homespun goodness with West Coast flair to the emerging community. The menu of in-season sandwiches, artisan breads, soups, salads and sweets showcases locally sourced ingredients, down to grains used in some of the breads. www.leavenbakery.com

FIELD DAY

If there is a Disneyland for farm enthusiasts, it would be the 600+ acre **Huber Winery and Orchards** in Borden. In addition to the pick-your-own fruit orchards that have delighted Southern Indiana families for generations, the bakery and (ice) creamery are hands-

down crowd pleasers. Adult offerings from the Huber Winery and Starlight Distillery impress with fruit wines, whiskeys, gins and brandies. And while spiked slushies abound in Southern Indiana, **Starlight Distillery's** Bourbon-rich versions are next level.

www.huberwinery.com/farm-market

JAZZED-UP PIZZA

Speakeasy Pizza, on Historic Congress Square in Orleans has a Roaring 20s-inspired menu. The owners and staff deliver everything with heart, from piping hot breadsticks to pastas, sandwiches, desserts and era-inspired cocktails. Brick-oven pizzas run the gamut from a straightforward Machine Gun Kelly or Baby Face Nelson, with a mix of cheeses, to loaded go-for-broke originals like the Capone, Virginia Hill and Bugsy Seigel.

www.facebook.com/Speakeasy-Pizza-101564188248571/

Over the Ohio

Since 1948 **The Overlook** has served as a gathering place for people from cities like Evansville, Indianapolis, Cincinnati and Louisville craving a heaping helping of nostalgia (in the form of fried mushrooms, chicken pot pie, burgers and reuben sandwiches) and epic views of the Ohio River. There are great hopes that new owners Brandon Howell and Cathy Mills will build on those established traditions.

www.theoverlook.com

USA

Ohio River
from Overlook

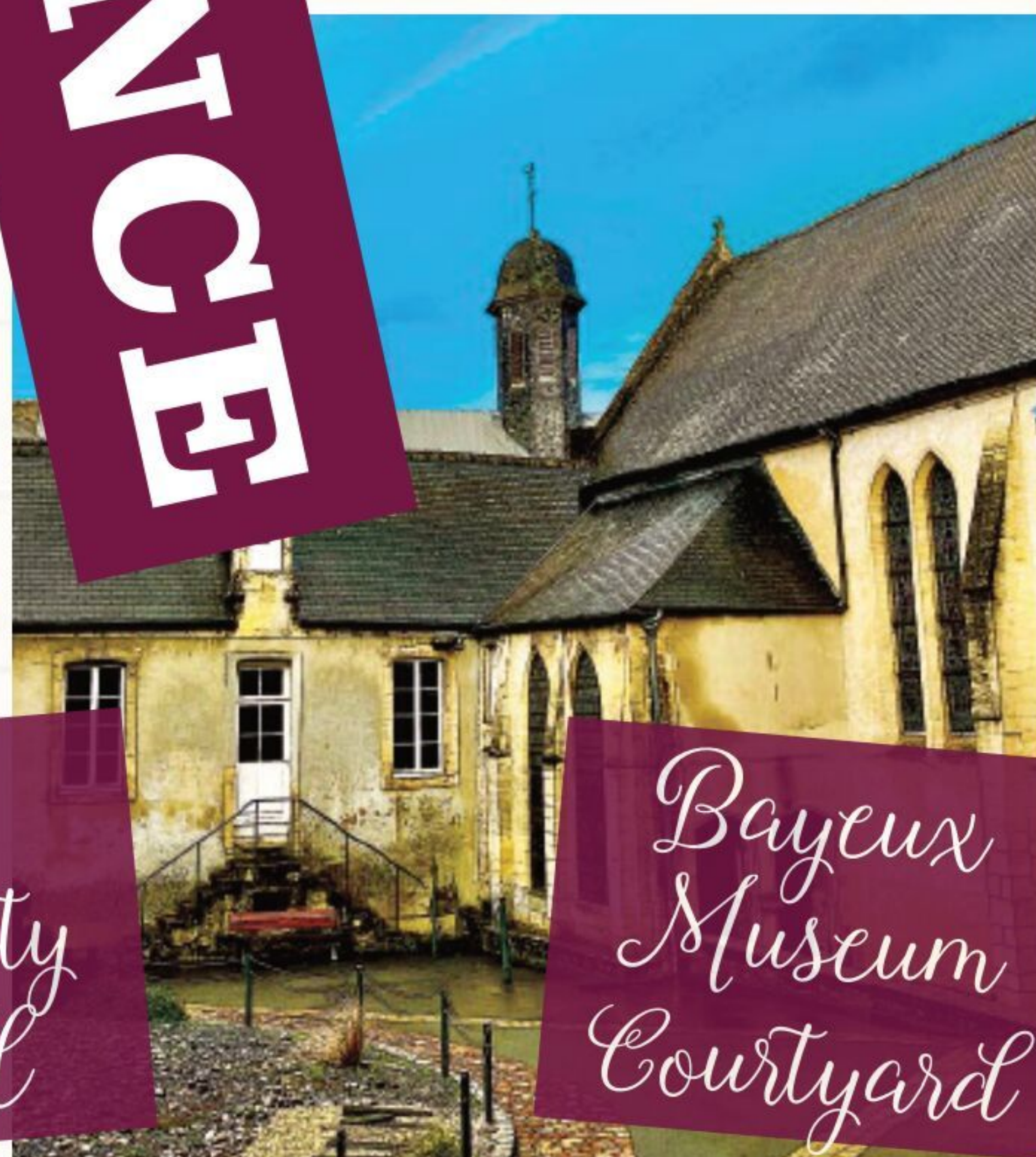
Speakeasy Pizza Pie

NORMANDY

FRANCE



Lion
Celebrity
Wall



Bayeux
Museum
Courtyard

VIKING CRUISES' "Paris and the Heart of Normandy" itinerary by way of the Seine is an inspired alternative to a road trip from Paris as it mitigates the need to rent a car, reserve hotel rooms, and worry about getting from here to there.

IN THE SHADOW OF THE CHÂTEAU

The 12th-century Château La Roche Guyon, built right into a mountain, impresses with its strong lines and important roles in French history. At the foot of the hill, a delightful branch of **Au Quai des Pains** provides a warm, inviting contrast to the sturdy structure. This artisan bakery rules the hearts of residents and visitors with its flavourful breads and elegant pastries. www.quaidespains.com

Vernon Makes an Impression

With Claude Monet's beloved Giverny nearby, it makes perfect sense that Vernon has a lovely collection of Monet's works as well as several specialty food shops. **Boucherie Gaignard**, **Boulangerie Bosquet**, **O Grain d'Arôme**, **Boulangerie Festival des Pains**, and **Fromages en Detail** offer ready-to-eat salads, sandwiches, cheese, charcuterie, oven-fresh breads, and wines for a Giverny picnic. On rainy days, the

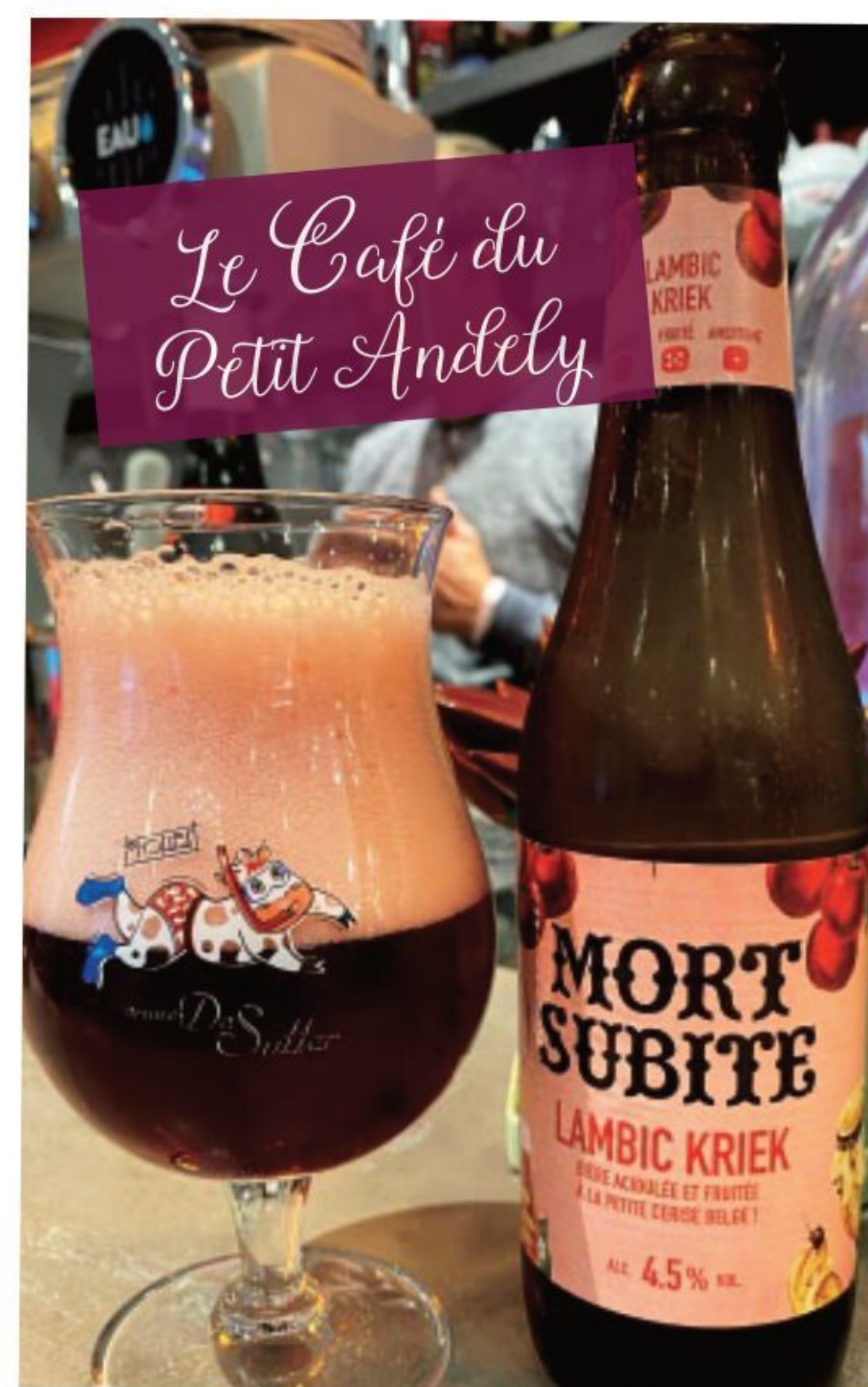
Cookie Cat Café delights with home-style country dishes and cuddly cats, with part of the bill going towards animal welfare.

HER LIFE IN ROUENS

Julia Child's fans often credit her for putting French cuisine within reach of American audiences. However, it was Rouen's **Le Couronne**, making history since 1345, that launched her journey to culinary greatness. Special menus offered include "Normandy on the Plate," "Prestige de la Couronne," "Impressionist Flavours," and the "Julia Child Menu." She would approve. www.lacouronne-rouen.fr

TAPESTRY OF TASTE

While the Bayeux Tapestry is this town's biggest draw, the **Hotel le Lion d'Or** in Bayeux is noted for being the principal lodging for the cast and crew of *The Longest Day* in 1961. Its lobby is a feast for movie buffs, with photos and memorabilia from star John Wayne, his cavalcade of co-stars, and other celebrities who've popped in over the years. Its restaurant **La Table du Lion** offers wonderful regional fare, including Chef Thomas Busnault's



DESTINATION: NORMANDY

MONTH: November

WEATHER: 9°C, brisk fall winds and a few rainbows

TRAVELLERS:

Elyse Glickman and Derek Poirier

COUNTRY: FRANCE

outstanding Tatin of Pear, superb artisan cheeses, aged cider and wines. www.liondor-bayeux.fr

What's Brewing

The hike up to Château Gaillard, the domain of Richard the Lionheart, is worth the effort, rain or shine, as a historically significant monument and its views of Petit Andely. The village consists of a main street and a pretty church, as well as several romantic spots. **Le Café du Petit Andely** is a find for craft beer lovers with generous pours of Richard the Lionheart microbrewery's lagers and lambics, and a delicious croque monsieur that stands up well to the heady brews. 30 Rue Grande, 27700 Les Andelys

*...French Lick Springs
was one of America's first
destination spas...*



Indiana

WHERE ON EARTH

A Wellspring of AMERICANA

by ELYSE GLICKMAN



T FIRST GLANCE, the French Lick Resort's hotels and lamppost-lined roadways connecting three shared golf courses have a strong European flavour. This initial impression is a nod to the influence of German settlers in Southern Indiana but a deeper dive into these fraternal twin properties, French Lick Springs Hotel and West Baden Springs Hotel, epitomizes the distinctively American can-do spirit of founders Dr William Bowles and Dr John A. Lane and their successors in the late 19th century. Recent efforts to bring back the West Baden Springs Hotel from the brink in the early 2000s says a lot about the people who took up the challenge to keep it going... and relevant... for another century.

French Lick Springs (known later as the French Lick Springs Hotel) was one of America's first destination spas. Bowles' lavish property and on-site hot springs attracted guests from as far as 100 miles away to soak in the benefits of 'miracle waters.' This prompted Lane to create the Mile Lick Inn, his own equally ambitious hotel, inspired by the popular hot springs of Wiesbaden, Germany, known across Europe for its own grand hotels and well-heeled clientele.

The care and planning the founders put into their respective destinations and guest experiences made the area a go-to gathering place for some of the Midwest's wealthiest and most powerful society folk. Both resorts went to the next level of luxury in the closing years of the 19th century. French Lick Springs Hotel rose to international prominence in the hands of Indianapolis Mayor Tom Taggart, who purchased the property. He expanded the hotel and added luxurious furnishings and marble floors, designed two championship golf courses, and expanded amenities for an increasingly sophisticated pool of guests.

In 1888, Lee W. Sinclair assumed ownership of the renamed West Baden Springs Hotel and built it up into a world-class resort with the addition of an opera house, golf courses, church, ball field, double-decker pony and bicycle track, and, of course, elegant dining in the style of comparable grand hotels in New York, Chicago, Louisville and Indianapolis. In spite of all of this going up in smoke in a 1901 fire, an undeterred Sinclair set out to do the impossible within one year and a budget of \$414,000 US (over \$14,000,000 in today's currency) to make the West Baden Springs Hotel all but outdo some of the grandest spas of Europe, especially with the architectural achievement of the world's largest free-span dome which stretched 200 feet.

The West Baden Springs Hotel, which celebrated its 120th anniversary in 2022, had an interesting existence prior to its resurrection under the direction of William and Gayle Cook, and son Carl (owners of the Cook Group, a medical equipment manufacturer) whose philanthropic focus was restoring historic buildings across Indiana). It served as a military hospital site in World War I, and later, a seminary after the onset of the Great Depression, and a college campus until 1983. After that, the hotel fell into disrepair until the Cook family made a multi-million dollar pledge for the West Baden Springs Hotel's structural repairs and restoration that led to its 2008 re-opening. The French Lick Hotel also benefitted from the Cook family's intervention, and both were joined to become known as the French Lick Resort, now straddling the two towns and being listed on the National Register of Historic Places.»

Cook



SERVES 8-10

Potato Casserole

THIS POTATO dish is a perennial favourite at West Baden Springs Hotel. It's so rich and creamy, one scoop is all you need!

Red Pepper
½, diced small

Green Pepper
½, diced small

Yellow Onion
½, diced small

Celery 3 ribs,
diced small

Butter 1 Tbs

**Cream
Cheese** ½ lb

Heavy Cream
4 cups

Idaho Potato
6 large, grated
and rinsed
with cold
water

**Salt and
Freshly
Ground Black
Pepper**
to taste

Cornstarch
2 Tbs

Water 2 Tbs

1 PLACE the butter in a 2 quart saucepan over medium heat and sauté the peppers, onions and celery until tender.

2 ADD the heavy cream and cream cheese and bring to a simmer.

3 MIX the cornstarch and water to make a slurry in a small bowl.

4 SLOWLY add the slurry to the cream while whisking. Allow to simmer for 10 minutes. Season with salt and pepper.

5 PLACE the potatoes in a mixing bowl. Add the sauce mixture and stir to combine. Place in a casserole dish and bake at 320°F degrees for 30 minutes.

6 ALLOW to rest for 15 minutes before serving.



PHOTOS THIS SPREAD FROM TOP
The domed atrium of
West Baden Springs
Hotel; The indoor pool.

«The French Lick Hotel now features a casino and theatre, has a wider array of restaurants from modern steakhouse fare to Pluto Pizza, named for the Pluto 'health' water marketed nationally in the hotel's early heyday. The quieter and more laid back West Baden Springs Hotel, in contrast, has a handful of restaurants celebrating the hotel's origins and offering elevated Midwestern comfort food that guests from a century ago would appreciate, especially when crafted with fresh ingredients sourced from local farms and producers. Contemporary, globally inspired cuisine as well as interesting vegetarian options, meanwhile, have found their way into the kitchen, led by executive chef Ethan Smith, and onto the various menus.

Sinclair's, the main dining room restaurant named for Lee W. Sinclair, one of the hotel's original owners, is noted for its menu mixing traditional fine dining staples like wedge salad, pork chops, and Kansas City Strip Steak, Southern items like a Fried Green Tomato Stack with bacon jam, and globally influenced offerings such as Harissa Spiced French Cut Chicken and Thai-inspired Curry Crab Rundown. Although the kitchen was originally conceived to bring a taste of Europe into the American heartland, today it is more about blending an old-school fine dining experience with dishes reflecting the expanding tastes of modern guests. At the reservations-only Table One, tucked discreetly into Sinclair's, small groups can watch the chef and his team through a glass wall partition preparing customized seasonal meal.

Ballard's in the Atrium, right under the hotel's landmark dome, has a 20th-century ambiance and brings something extra to a casual lunch or dinner. The restaurant adjoins Ballard's Bar, inspired by Ed Ballard, who owned West Baden Springs Hotel during its heyday in the 1920s and early '30s. With reservations, group receptions and dinners can also be staged under the dome. Ballard's also serves an Afternoon Tea, with an assortment of finger sandwiches, scones and petit fours baked in-house by a three-person team reflecting the area's German and central European underpinnings.

More house-baked goods are available at Xanadu Coffee & Creamery, along with coffee and ice cream in a sweet old fashioned ice cream parlor setting. Café Sinclair, which adjoins Sinclairs, wears the hotel's unique heritage with pride through such diverse selections as eggs Benedict, generous omelets, Bircher Muesli Parfait, Country Biscuits and Gravy, and fabled Breakfast Potato Casserole.

The three golf courses at the French Lick Resort are a magnet for golf enthusiasts coming in from Louisville, Indianapolis and other nearby cities. The Pete Dye Course boasts its own exclusive restaurant, The Mansion at the Pete Dye Course, with its own acclaimed-by-the-locals menu and beautiful

views overlooking the rolling fairway etched into the hills of southern Indiana. The clubhouse it occupies is also of historic value, as it once was the home built by former French Lick Springs Hotel owner Thomas Taggart for his son Thomas D. Taggart and his family.

Just beyond the French Lick Resort's gates, the family-owned Spirits of French Lick and French Lick Winery houses the Drift Coastal Italian restaurant, which turns out a simple menu with Midwestern spins on Italian-Californian food. However, the focal point is the shared winery/distillery tasting area, which stretches the length of the building. While the winery has produced regional award-winning wines since 1995, the distillery offers an eclectic selection of Indiana-style whiskeys, single-pass Calvados-style Apple Brandy, citrus forward Old Tom Gin, and Indiana's first commercial Absinthe. Those stopping in on the right day will encounter master distiller Alan Reed Bishop, who will offer a pour of his favourites along with folksy storytelling as he explains the distillery's 'Respecting the Grain' philosophy. The shop offers many of the facility's bestsellers.

While Reed is the very definition of local character, a stay at the West Baden Springs Hotel offers its own fascinating cast of characters. Its ownership history and noteworthy visitors such as the Cincinnati Reds, Chicago Cubs, and Pittsburgh Pirates during spring training at the end of the 19th century, Franklin Delano and Eleanor Roosevelt, and Golden Age Hollywood personalities like Lana Turner and Will Rogers, bring a stamp of authenticity to this definitively American destination. 



Click
to

West Baden Springs Hotel
www.frenchlick.com/hotels/westbaden

Spirits of French Lick
www.spiritsoffrenchlick.com

French Lick Springs Hotel
www.frenchlick.com

ELYSE GLICKMAN is a freelance writer based in Los Angeles.

Cook
to



USA

SERVES 2

Seabass with Ginger Greens

A LIGHT and healthy option inspired by spa traditions and fresh local ingredients.

Sea Bass 2 fillets

Old Bay Seasoning

Vegetable Oil
for sauté

White Onion
½ small, diced

Garlic 1 clove,
minced

Fresh Ginger
1" piece, minced

Baby Spinach
8 oz

Dry White Wine
⅓ cup

Salt and Freshly Ground Black Pepper to taste

1 DUST the fish fillets lightly with Old Bay seasoning.

2 HEAT a little vegetable oil in

a skillet until shimmering. Lower the heat to medium, add the fish fillets and fry, undisturbed for five minutes. Turn the fish and fry for 1-2 minutes more, until the fish is just opaque all the way through. Do not overcook.

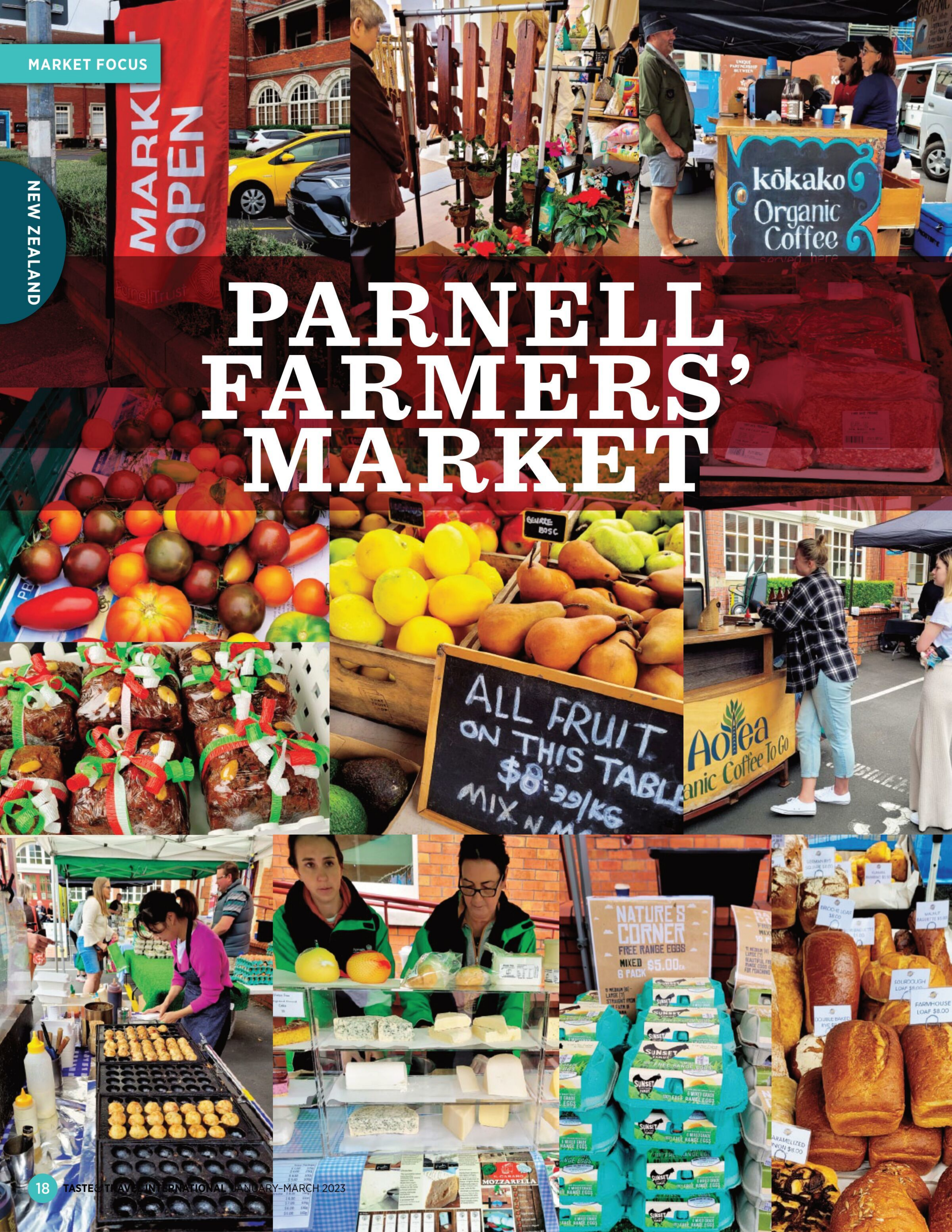
3 REMOVE the fish to a plate and cover to keep warm.

4 ADD a little more oil to the skillet and sauté the onion over medium heat until translucent, about 3 minutes. Add the garlic and ginger and sauté half a minute more.

5 ADD the spinach and white wine, season with salt and pepper. Cover the pan and allow the spinach to wilt. Remove the lid, stir to combine.

6 DIVIDE the greens between two plates, top with a fish fillet and serve.

PARNELL FARMERS' MARKET



Text & Photos by SUSIE ELLISON

NEW ZEALAND

MARKET FOCUS



Pohutukawa smoked
wagyu salami

PARNELL FARMERS' MARKET

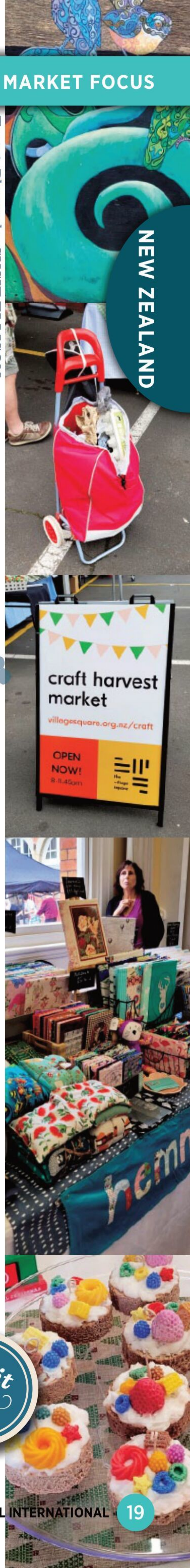
Why? Parnell Farmers' Market has been open, rain or shine, every Saturday since 2007. It's an authentic farmers' market where locals go to bump into friends, have a coffee and stock up on the freshest fruit, vegetables, meat, flowers, delectable bakery, deli produce and more, offered by the producers themselves. Live music and lots of local, artisanal foods to sample, including organic milk fresh from Jersey cows!

When? Saturdays, 8 am – 12 noon 

PARNELL FARMERS' MARKET

Jubilee Building Carpark
545 Parnell Road
Auckland

NEW ZEALAND
[www.villagesquare.org.nz/
parnell-farmers-market](http://www.villagesquare.org.nz/parnell-farmers-market)



QUENCH

SIPPING SAKE

JAPAN

PHOTOS THIS PAGE CLOCKWISE
FROM TOP LEFT
Lanterns advertise a
restaurant in Japan;
Sake selection for sale.

AUDREY-MARI



Japan

WHERE ON EARTH

Sipping SAKE

by DAMIAN MARCH



DRINKING CULTURE RUNS DEEP IN Japan, and sake is undoubtedly the country's most representative liquor. Since sake is so important to the nation, a rich set of customs surround its consumption and production.

It is important to note that in Japanese “sake” actually refers to alcohol in general, while the rice brew specifically is called nihonshu. There are a number of other traditional Japanese liquors, including shochu — a distilled spirit — and umeshu, a sweet plum liqueur made by steeping the fruit in alcohol.

Here we are talking about nihonshu, to keep things simple, called sake from here on down.

Sake comes in a range of flavour profiles, from sweet to dry, light to robust, floral and fruity to mineral, as well as proofs and can be enjoyed hot, cold or at room temperature. There are a number of sake types, classified according to ingredients, production methods and the degree of rice polishing. Rice's outer layer is not ideal for brewing, so it is stripped in the polishing process.

Honjozo means the rice has been polished to 70 percent, meaning 30 percent of the grain has been removed.

Ginjo is made from rice polished to 60 percent or less and fermented slowly at low temperatures. *Ginjo* with grains polished to 50 percent or less is called *daiginjo*.

Junmai is a type of sake made without brewing alcohol and using only rice, water, yeast and rice malt (*koji*, cultivated for food production and sprinkled on steamed rice to secrete enzymes). The term *junmai* is also sometimes used in combination with *ginjo* and *daiginjo* sake.

A lower polishing ratio means more rice is used and more time is spent polishing the rice, resulting in a higher price, but a higher rank does not necessarily mean it is a ‘good sake’. Similarly, *junmai* is not a definitive mark of quality, as talented producers often use brewers’ alcohol or other additives to enhance the flavour or smoothness.

Other types of sake include *namazake*, unpasteurized sake; *nigorizake* (or simply *nigori*), sake filtered through a coarse cloth, resulting in a cloudy drink with a creamy mouthfeel; and *shiboritate*, which is released straight from the brewery without undergoing any maturation.

Most sake is around 15 percent alcohol, higher proof than most other fermented drinks like beer or wine but lower than most distilled spirits. Almost all sake is brewed to about 20 percent and watered down before bottling. *Genshu* refers to sake that has not been diluted and therefore has an alcohol content of about 20 percent and a bolder flavour.

Historically, sake could only be made in the winter because its production requires cool temperatures. In the ancient Shinto religion, the drinking of sake was closely connected with the harvest. The god of rice and sake were one and the same, so sake was valued as a purifying beverage to be drunk during religious occasions and ceremonies. The drink was prepared by female Shinto shrine attendants who chewed the rice and spat it out, letting the enzymes in their saliva start the fermentation process. During the Edo period women were forbidden to make sake but today a number of female brewers are making a name for themselves.

It is still almost mandatory to serve sake at weddings, New Year, festivals and other auspicious occasions. Thanks to»



PHOTOS THIS PAGE CLOCKWISE FROM TOP LEFT Sake sampling at Ponshukan Sake Museum; Sake should be always be poured for others; Sake barrels at a temple complex; Pairing sake with food; Sake cup.



«modern refrigeration and temperature control, sake can now be brewed year-round, but most higher-end producers still only brew in the winter months. During the winter, unpasteurized *namazake* is available. As the year goes on, sake that has been matured for longer periods of time is released.

Lightly chilled sake is a favourite spring beverage, often enjoyed at *hanami* parties under the cherry blossoms. Cold sake makes for a refreshing summer drink at the beach, while hot sake, called *atsukan*, can warm you up after skiing or a rejuvenating dip in an *onsen* in winter.

Sake can be enjoyed anywhere in Japan — it's a favourite tippie everywhere from bars to high-end restaurants. Most places that serve alcohol in Japan will have some basic sake options. Mainstream brands are sold at local convenience stores and supermarkets. A more complete selection is available at liquor stores, department stores and specialty sake shops. For enthusiasts or those looking to branch out, there are many specialty sake bars and *izakaya* around the country with a particularly wide stock and knowledgeable staff.

Sake can be served chilled, warmed or at room temperature. Some types, like *ginjo*, are preferred cool, while *junmai* is often enjoyed at room temperature or warmed. Each individual sake has its own temperature that best brings out the flavours, and personal preference also plays a big part.

A traditional sake set consists of a serving carafe called *tokkuri* and smaller personal cups called *ochoko*. Sometimes a small glass is placed inside a box, or *masu*. In some places, the sake will be poured until it overflows into the *masu*.

Since *masu* were the main sake vessels in the past, most are sized to one standard serving of 180 ml, called *go*. At many bars and restaurants, you will be expected to order sake by number of *go*. *Ichigo* and *ni-go* are one and two servings, respectively. Standard sake bottles are 720 ml, and are known as *yongobin*.

Sake is an extremely versatile drink and pairs quite well with food. Classic Japanese foods such as sushi, sashimi, and tempura are obvious accompaniments, but sake also pairs well with cheese, oysters and vegetables. Because of the many amino acids it contains, sake is significantly higher in umami than other brews so it can enhance the flavour of very rich dishes like stews, ramen, and steak. It also stands up well to punchy Asian ingredients like wasabi, soy sauce, miso and ginger, which are challenging to pair with wine. Like wine or beer, some sake varieties go better with some foods than others, so it pays to ask staff in a restaurant or *izakaya* to recommend the best match for your meal.

In formal situations, there is strict sake etiquette. The most important rules are never to refill your own cup and to ensure every cup on the table remains filled. When pouring for a superior, hold the *tokkuri* with your right hand while touching the bottom with your left. When receiving sake from a superior, place one hand under the cup and hold the side with your other. It is acceptable for the superior to use only one hand while pouring and receiving. After receiving the sake, take at least one sip before placing it down on the table. Fortunately in casual situations, the rules are not nearly as



rigid! However, it's always polite to pour for others, whether you're drinking sake, beer or tea.

Although sake is traditionally enjoyed straight, sake cocktails are gaining in popularity and stylish bars are mixing sophisticated drinks using the rice brew. Mixologists are designing new drinks that highlight, rather than hide, the complex flavours of high-grade sake. As interest in sake cocktails grows, the drinks are becoming a fixture of elegant hotel bars and the Japanese nightlife scene. On the other end, interest in lower-alcohol sake is also growing. Sparkling sake is particularly trendy. Like sparkling wine, it is fun and easy to drink, especially for novices.

Sake is produced in almost every prefecture in Japan, but some places are especially famous for their local sake, called *jizake*. Many regions are known for specific flavour profiles, which tend to pair particularly well with their local specialty foods. Well-known areas include the Nada area of Hyogo, which has bold, sturdy sake, and Niigata, where the taste tends to be cleaner and crisper. With better access to ingredients, technology, and a nationwide market, some breweries have moved away from their region's traditional flavours and are exploring new styles and production methods.

With so many breweries around the country, it's easy to get a glimpse into how sake is made and to sample brews from both traditional and forward-looking producers. Many breweries offer tours and some are even free and include sake tasting. There are a number of breweries open to visitors in and around major cities such as Tokyo, Kyoto, Kobe and Hiroshima, which are good places to start. At Ponshukan Sake Museum in Niigata you can sample the leading brands of sake produced by region's 90 sake

breweries. And you can actually bathe in the stuff — in a bath filled with blended sake and lightly alkaline hot spring water.

If you're reading this in Canada and are wondering what type of sake to buy, take heart. According to Michael Tremblay, sake sommelier at Ki Modern Japanese + Bar in Toronto and one of just two sommeliers in Canada recognized by the Japan Sake Brewers Association Junior Council as Sake Samurai, all of the sake imported into Canada is of high quality. So go ahead and give it a try. *Kanpai!* 



DAMIAN MARCH is a desk editor and researcher at **TASTE & TRAVEL**.



EARLY IN THE SPRING of the year, as the pack ice recedes and clears the strait, lobster fishers and their families busily prepare for setting day, the first day that traps are set offshore in the new fishing season. The classic Northumberlands, the familiar fishing craft of Atlantic Canada, are moved from their shipping-pallet perches on lawns and side fields and are slipped stern-first back into inky, frigid water.»



Prince Edward Island

Setting Day

by STUART HICKOX



...Setting day is a family tradition going back generations...

«Each 44-foot boat is carefully checked over and packed 8 feet high with up to 150 lobster traps and kilometres of rope. Crews carefully plan two trips per boat to set their traps.

This time of year is especially harsh along the PEI coastline. Steel-grey skies and cold offshore winds provide a sombre backdrop to the energy and bustle of the busy ports. As crew families gather on the docks at 6 a.m. for the send-off, the setting is painfully familiar and also brand new, every time. Every setting day includes a new crew — grandkids and cousins, some still in high school. Joining a crew is a quiet coming of age; most have stood on the dock this chilly day every year since before they can remember. Fishers say it's in their DNA; they are drawn to the opportunity on water, mindful of the risk.

Senior captains know the seafloor like the back of their weathered hands. They pass on their knowledge and wisdom by presence. Even the young ones know that no new tech can match the knowledge and skill of a captain who has spent a lifetime on the water, often navigating home on rough seas guided only by lining up church steeples on the thin line of the horizon.

Everyone has a story of loss. No two are the same, except how each experience deepens the relationships among family and friends and strengthens the resolve to continue to ply the depths for this precious, yet bountiful, catch.

Setting day is a family tradition going back generations. The first day of the new season is often cold. Still, families gather huddled on docks to see the crews off. There is an air of mindful anticipation, strong conviction and pride. Even the kids know: lobster fishing is in their DNA. One day they, too, will take to the sea.

Lobster is wild-caught. The crustaceans are found in the rocky crevices on the shelf of the Gulf of St. Lawrence or the sandy-bottomed Northumberland Strait. The best lobsters thrive in Atlantic Canada, migrating to shallower areas closer to land in spring. The cold, clean waters make for hard shells and succulent meat.

Lobster fishing is by times a perilous profession. Over 1,200 fishers set out early, before dawn, to haul in the catch and re-set the traps. Visitors to seaside cottages on the Island often»

Cook
it

CANADA



SERVES 4

Lobster Roll with Browned Butter & Chives

Unsalted Butter
½ cup

Split-Top Hot Dog Buns 4

Cooked Lobster
4 lbs, shelled, chopped (keep claws intact)

Salt

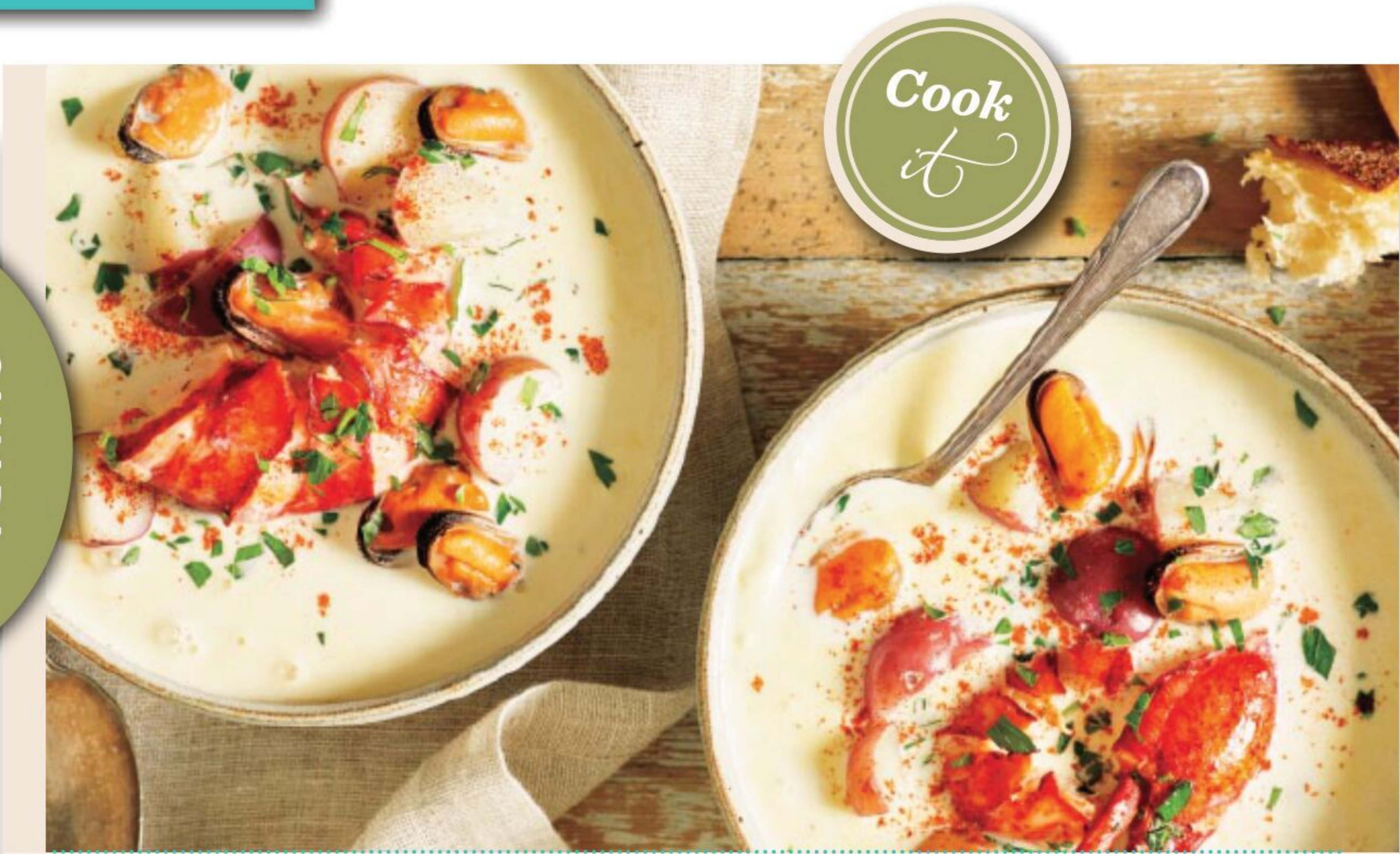
Freshly Ground Black Pepper

Iceberg Lettuce
shredded, ½ cup

Chives finely chopped, 2 Tbs

- 1** **IN** a small pot, melt butter over medium-high heat, and then let it cook and bubble until it starts to foam and smell like toasted nuts and caramel, about 5 minutes. Remove from heat.
- 2** **BRUSH** each side of the buns with browned butter. Toast on a grill or frying pan until each side is golden brown, 1-2 minutes per side.
- 3** **IN** a large bowl, toss together remaining browned butter and lobster, season with salt and pepper.
- 4** **FILL** each bun with lettuce and lobster, top with a lobster claw and garnish with chives.





SERVES 6-8

Lobster & Mussel Chowder with Baby Red Potatoes

- Onion** 1 medium, halved
- Garlic** 1 clove, smashed
- White Wine** 2 cups
- Bay Leaf** 1
- Black Peppercorns** ½ tsp
- Fresh Thyme** 6 sprigs
- Lobster** 1 ½-2 lbs
- Fish Stock** 1 can (398 ml)
- Mussels** 2 lbs, rinsed and debearded
- Unsalted Butter** 2 Tbs
- Leeks** 2, halved lengthwise, thinly sliced (white and pale green parts only)
- Fennel** 1 bulb, outer leaves removed and thinly sliced
- Salt**
- Baby Red Potatoes** 1 lb, halved
- 35% Cream** ½ cup
- Freshly Ground Pepper**
- Smoked Paprika** for garnish
- Parsley** roughly chopped, ¼ cup
- Baguette** for serving

- 1 COMBINE** onion, garlic, white wine, bay leaf, peppercorns, thyme and 1 cup of water in a large pot. Bring to a boil over high heat. Once boiling, add lobster, cover, reduce heat to medium and steam for 12 minutes. Remove lobster and set aside to cool. Add 2 cups water and the fish stock, bring to a simmer and then add mussels, cover the pot and continue cooking until mussels begin to open, 5-6 minutes. Drain mussels in a fine-mesh sieve set over a bowl and reserve the broth; discard any mussels that do not open, then set mussels aside to cool.
- 2 MELT** butter in a large pot over medium heat, add leeks and fennel, season with salt. Cook until soft, about 6-8 minutes. Add potatoes and strained broth, bring to a simmer and let cook for 10-12 minutes, until potatoes are fork-tender.
- 3 WHILE** potatoes are cooking, remove lobster meat from its shell; discard shells. Cut tail meat into small chunks. Carefully slice claw meat in half lengthwise. Set aside. Remove mussel meat from shells; discard shells.
- 4 ONCE** potatoes are tender, add tail meat and mussels to the broth. Simmer gently until the shellfish is warmed through, about 1-2 minutes. Stir in cream. Season with salt and pepper. Ladle the chowder into bowls. Garnish each bowl with half a lobster claw, a sprinkle of smoked paprika and parsley. Serve with crusty baguette.

CHEF'S TIP: If the fennel stems and fronds are still attached to the bulb, add to the pot with the onions and garlic in step one to use as an aromatic in the broth.

TIPS + TRICKS:
Cook a Live Lobster

How to Prepare Lobster

Weight	Cook Time
1 lb	10-12 mins
1 ¼ lbs	11-13 mins
1 ½ lbs	12-14 mins
1 ¾ lbs	13-15 mins
2 lbs	17 mins
2 ½ lbs	22 mins

- 1 BRING** a large pot of cold, salted water to a boil.
- 2 REMOVE** bands from lobsters and place into boiling water.
- 3 WHEN** water returns to a rolling boil, start timer to cook lobsters for allotted time.
- 4 REMOVE** from cooking water and place into a salted ice bath to stop the cooking process.
- 5 WHEN** cool enough to handle, remove lobster meat from shells and enjoy.

CHEF'S TIP: The lobster is done cooking when the antennae pull out easily. The suggested guidelines above are approximate times for cooking one lobster or a few lobsters at the same time. For cooking time, use the weight of the individual lobster, not the total weight of all lobsters. If cooking subsequent batches, remember to bring water back to a rolling boil prior to cooking the next batch. If not eating right away, refrigerate lobsters belly up to keep in all the juices. Lobsters can be kept in refrigerator for up to two days in an air-tight container.

How to Crack Open a Cooked Lobster

- 6 TWIST** the tail.
- 7 CUT** or crack open the tail.
- 8 TWIST** the claws.
- 9 CUT** or crack the claws open.
- 10 REMEMBER** the legs and body contain meat.

Cook
&

CANADA



SERVES 4

Lobster Roll with Lemon Aioli & Dill

Egg 1 large, room temperature

Dijon Mustard 1 Tbs

Fresh Lemon Juice 1 Tbs

Lemon Zest 1 Tbs, divided

Canola Oil 1 cup

Salt

Salted Butter 1 Tbs, room temperature

Split-Top Brioche Hot Dog Buns 4

Celery 1 stalk, small dice

Cooked Lobster 4 lbs, shelled, chopped (keep claws intact)

Freshly Ground Black Pepper

Dill roughly chopped, 2 Tbs

Lemon Wedges for serving

1 **IN** a food processor, add egg, Dijon, lemon juice and 2 tsp lemon zest. Pulse until smooth. With the food processor running, slowly stream in oil, scraping down the sides if needed. The lemon aioli mixture should be thick like mayonnaise. Season with salt.

2 **IN** a small bowl, combine butter and remaining lemon zest until thoroughly combined. Spread evenly onto the sides of each bun. Toast on a grill or frying pan on each side until golden brown, 1-2 minutes.

3 **IN** a large bowl, mix together celery, $\frac{1}{4}$ cup lemon aioli and lobster; toss to combine. Season with salt and pepper.

4 **DIVIDE** lobster filling evenly between buns. Top each bun with a lobster claw and garnish with dill. Serve with lemon wedges, if desired.

CHEF'S TIP: Store remaining aioli in the refrigerator for up to one week.

«comment on the low and lulling blub-blub-blub boat sound they report hearing, half asleep, as the crews slip out to sea from many of the Island's 45 ports.

Our lobster fishery is certified sustainable with the Marine Stewardship Council (MSC). This is a globally recognized science-based standard. To ensure lobsters remain healthy and abundant for future generations, the industry is governed by multi-year integrated management plans that vary slightly from region to region. Shellfish, like lobster, take many years to grow, so steps to protect and nurture the stock include strict size minimums, a limited number of fishing licences, a short season and detailed specifications on traps.

Lobster is iconic. People from around the world recognize PEI's as among the very best. The industry here generates good jobs, supplies a world-class product and maintains a rhythm of traditions that have contributed immeasurably to our identity and quality of life.»



SERVES 4

Chipotle Lobster Naan Tacos

Mayonnaise
3 Tbs

**2% Plain Greek
Yogurt** 2 Tbs

Chipotle Paste or
Chipotles in Adobo
chopped, 1 Tbs

Green Onion
1, finely chopped

Cilantro minced,
1 Tbs and **Sprigs**
for garnish

**Steamed Lobster
Meat** chopped,
1 3/4 cups

Fresh Lemon Juice
1 Tbs

Naan 4, toasted
or grilled

**Romaine Lettuce
Leaves** 8 medium,
thinly sliced

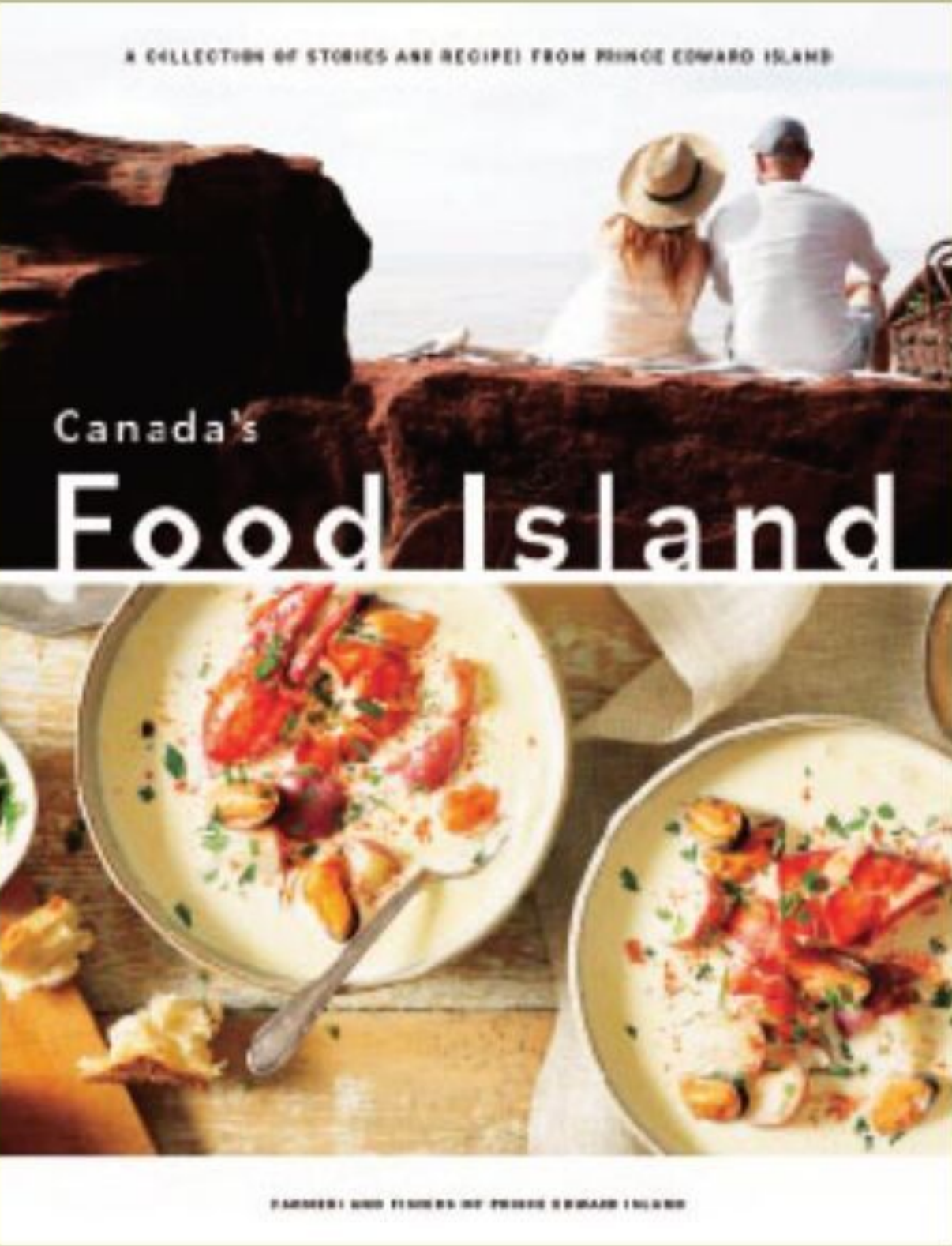
Avocado
1 medium, sliced

- 1** **IN** a medium bowl, combine the mayonnaise, yogurt, chipotle paste (or chopped chipotles), green onion and cilantro; mix well. Add the lobster and lemon juice.
- 2** **DIVIDE** the romaine between the naan, then top with the lobster mixture and avocado slices. Garnish with torn cilantro leaves.

CHEF'S TIP: This recipe can also be made using flour tortillas instead of naan.



«The lobster trap itself is iconic. In some areas, fishers have switched from using traditional oval-topped traps with intricately woven twine sides to rectangular traps made of wood and woven twine, which are larger and heavier to withstand strong currents and tides. Regardless of shape, traps are designed to let small lobsters pass through. When visiting the Island, look up at a seaside restaurant



TEXT, PHOTOGRAPHS AND RECIPES excerpted from *Canada's Food Island: A Collection of Stories and Recipes from Prince Edward Island* by Farmers and Fishers of Prince Edward Island. Photography by Stephen Harris. Stories and captions by Stuart Hickox. Copyright © 2022 by Lobster Fishers of PEI. Excerpted with permission from Figure 1 Publishing. All rights reserved. No part of this excerpt may be reproduced or reprinted without permission in writing from the publisher.



or in the rafters at the barn ceilidh. Wherever there's a fiddle and great seafood, retired lobster traps are usually nearby.

PEI lobster is fished in spring and fall, but only 25 percent of the harvest is in the latter. The short spring season is, therefore, a bustle of activity at ports around the Island. Fewer boats ply the waters as the days shorten into October,

but the combination of seasons accounts for 15 percent of Canada's annual lobster production.

To ensure a sustainable fishery, lobster fishers measure the upper shell (carapace) of each lobster and return the juvenile catch to the sea. The lobster claws are then banded (for the lobster's own safety!) and

set in trays for inspection and transfer to the buyer on shore.

PEI lobsters are either "canners" or "markets," with the annual catch evenly divided. Canners are smaller lobsters and are preferred by true connoisseurs for their tender texture and more subtle flavours. 



*...The seaside village with
a view of the city is a true
Kiwi treasure...*

My Darling Devonport

by SUSIE ELLISON



WHERE ON EARTH

NEW ZEALAND



PHOTOS THIS SPREAD
CLOCKWISE FROM LEFT
Street looking
toward Auckland
city; Display in
the Devonport
Museum.

AUCKLAND IS NEW ZEALAND'S biggest city, a vibrant multicultural metropolis with a stunning harbour setting and a future-chasing attitude. But hop on a ferry for a 10-minute ride across the water and you'll be enveloped by the slowed-down charm of Devonport, a Victorian village that delivers history and a laid-back modern lifestyle in equal measure.

Devonport was one of Auckland's earliest European settlements and has retained some of the best streetscapes of 19th-century commercial and residential buildings in New Zealand. Browsing the boutiques, antiquarian book stores, galleries and gift shops along Victoria Street, enjoying village cafes, pubs and restaurants, and admiring the elegant homes and former boarding houses along the waterfront King Edward Parade, is a favourite way for Aucklanders to spend a relaxing weekend day away from the city. Local residents get to enjoy the peaceful neighbourhood vibe all week long.»



«Long before European settlement the area was an important site for the Māori because of its rich volcanic soils and bountiful fishing grounds. They built a pā (fortified village) on Takarunga, the volcano now known as Mt Victoria. The Auckland Volcanic Field has no less than 53 volcanic centres, all dormant. While some mounds have been quarried away, others are green cones that rise incongruously from the urban sprawl — a unique feature of the Auckland landscape.

The first European settlers in Devonport were homesteaders who kept farms and vegetable gardens. In the 1840s repair depots for naval vessels were established along with chandleries and storehouses. In 1860s everything changed, with the introduction of a ferry service connecting the hamlet to the growing city of Auckland.

Take the ferry today and the first thing you'll see when you leave Devonport Wharf is The Esplanade Hotel, opened in 1903 and described at the time as "a very fine building...

as sumptuously furnished as it is imposingly built. An air of luxury and comfort pervades the whole building." That was no longer the case by the time of the hotel's centenary, when it had become run-down and was partly shuttered. Renovations began in 2002 and in 2014 new owners completed a major revamp. With its waterfront position and Edwardian elegance, it is once again an iconic Devonport landmark.

Diners in The Esplanade Hotel and officers at the Naval Base could expect the finest fare available in the colony. The menu on a troop ship sailing in 1915 offered no less than 15 courses, from Consommé à la Crecy and Lievre Hare with Champignons, to Roast Ribs of Beef with Washington Pudding, Boiled Fowl with Egg Sauce, and Roast Stuffed Filet of Veal with Lemon Sauce, cabbage, pumpkin and potatoes. To finish, after apple tart, Berkley Pudding or chocolate cream, came apples and mandarins, assorted nuts, Egyptian figs,



PHOTOS THIS SPREAD FROM LEFT

The Devonport Arcade was built in the 1870s; A villa on Prince Edward Parade; Old Albert, planted in 1883.



cheese and biscuits. Numerous complaints were received, however, about the food enlisted men received.

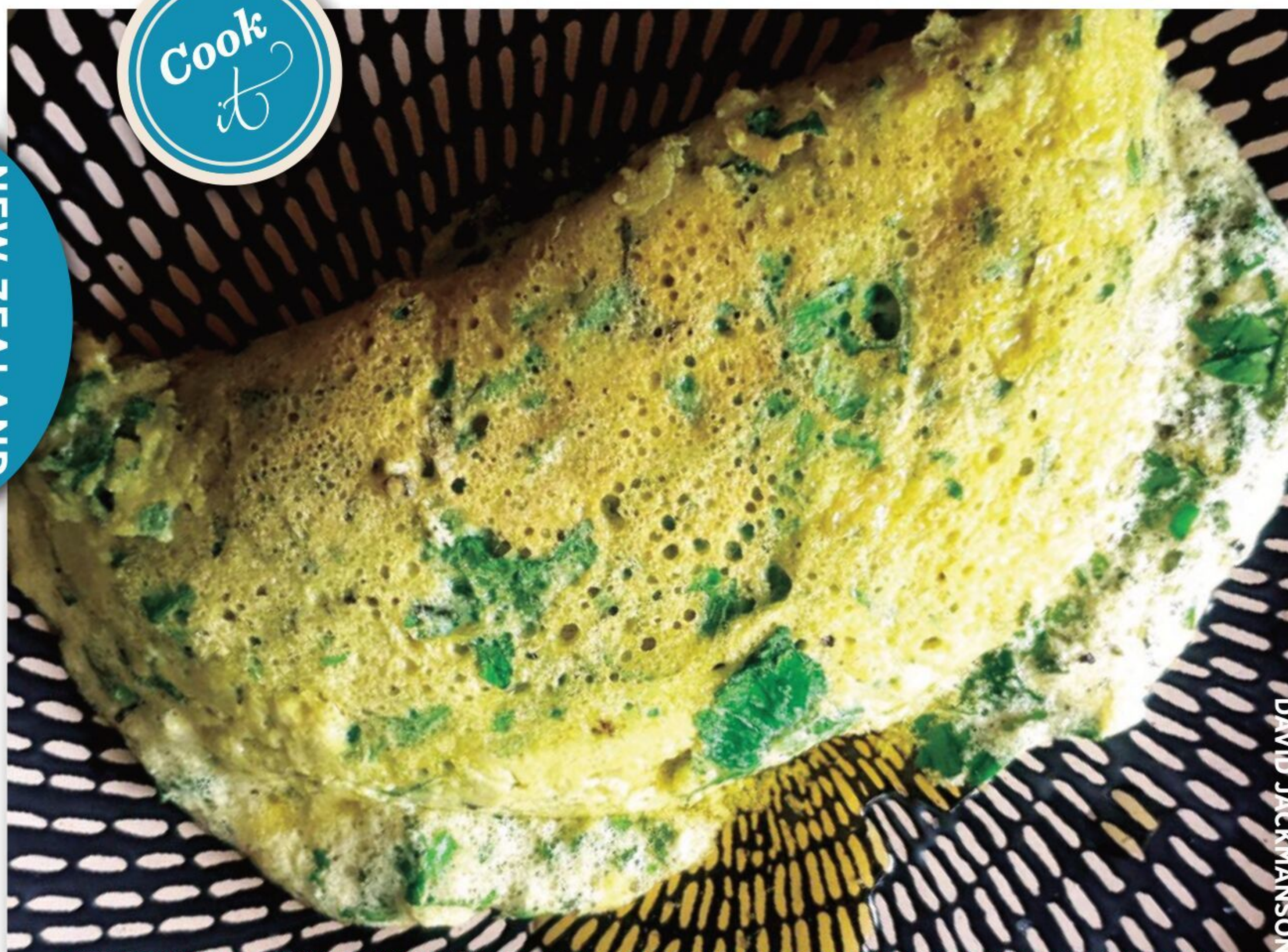
On shore, most European settlers relied on the produce of their gardens, bolstered with a little meat and dishes made from dry goods. Ironically, since they were surrounded by waters teeming with marine life, they disdained fish as food for the poor, preferring traditional roast dinners with English vegetables, potatoes and gravy and other 'plain fare'.

Across the road from The Esplanade Hotel, in the park beside the new Devonport Public Library, stands Old Albert, a massive Moreton Bay Fig Tree (also known as Australian Banyan) planted as a seed in 1883. Kids play in hidey-holes among its buttressed roots, while its 45-metre canopy of glossy leaves forms a parasol over picnickers in the park.

Another local landmark is Devonport Chocolates, reason enough for many to make the trip across the water from

Auckland. Handmade, European-style chocolates arrayed like baubles in jewelry boxes, and bars encased in beautiful native bird- and Kiwiana-themed wrappers make unique gifts or indulgent personal treats. The best seller is a bar made with salt from the Hauraki Gulf, gateway to Auckland Harbour. Other ingredients that give these chocolates a unique Pasifika identity include Manuka honey, kiwifruit, passionfruit, feijoa and other local fruits.

Music buffs may be interested to know that the Grammy-winning singer Lorde grew up in Devonport, as did Sister Mary Leo, the nun who trained opera diva Dame Kiri te Kanawa. I discovered indie-Americana songwriter Brett Dennen on the soundtrack in Bookmark, a second hand and antiquarian bookstore on Victoria Street. Founded by an ex Royal Marine and a librarian, the cavernous store has over 20,000 books in stock and is furnished with sofas and comfy chairs where you»

Cook
&

DAVID JACKMANSON

SERVES 1

Puffy Omelet

A RECIPE FROM THE original Edmonds Cookbook, published in 1906.

Eggs

2

Water

1 Tbs

**Salt and
Pepper**
to taste

Butter

2 tsp

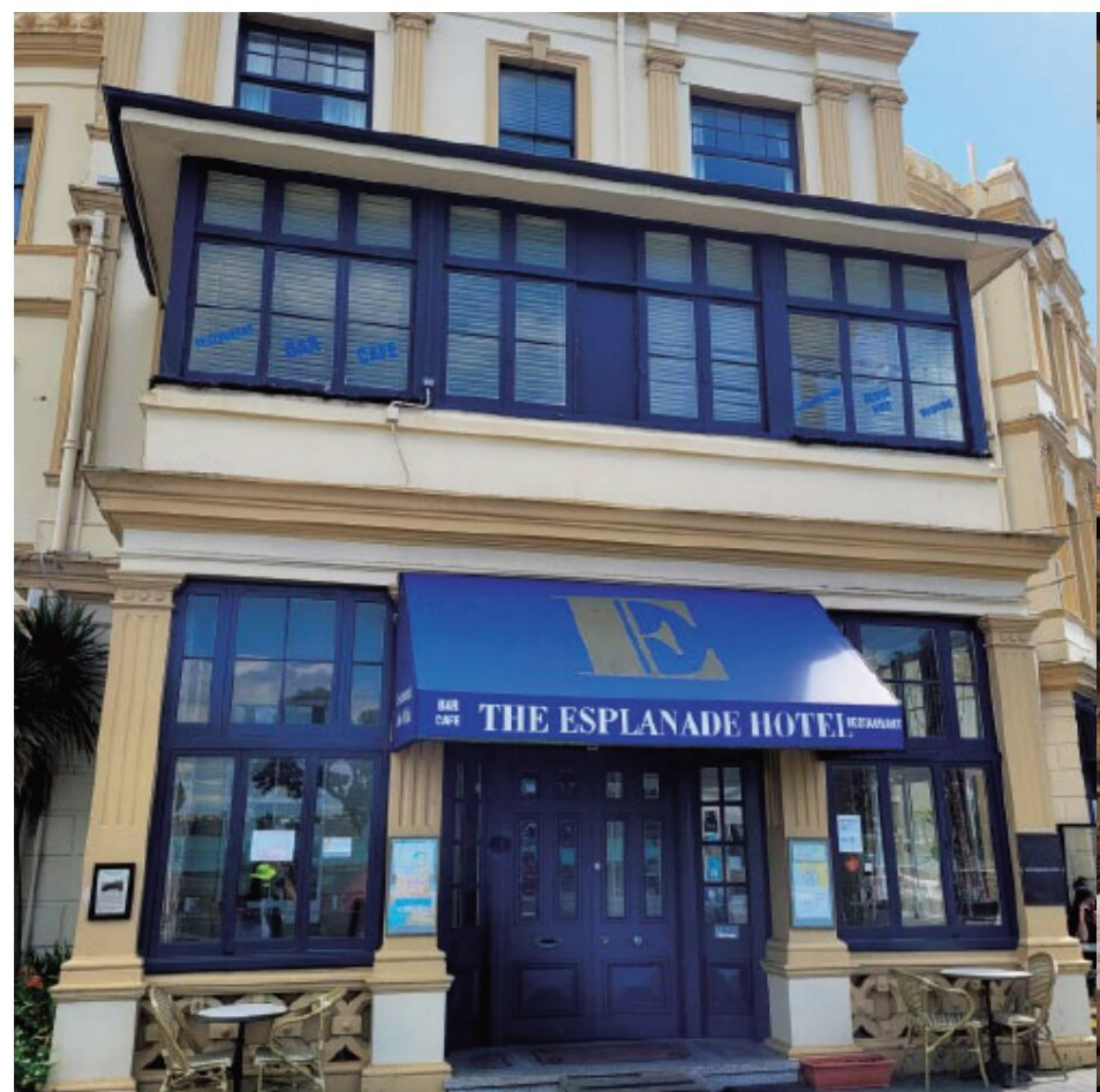
Parsley
for
garnish

- 1 SEPARATE** the eggs. Combine the yolks with the water. Season with salt and pepper to taste.
- 2 IN** a separate bowl beat the egg whites until stiff but not dry. Carefully fold the egg whites into the yolk mixture.
- 3 HEAT** an omelet pan. Add the butter and heat until foaming but not brown. Pour the mixture into the pan. Leave until set and golden on the bottom. Place under a hot grill until set.
- 4 FOLD** over and garnish with parsley.
- 5 BEFORE** folding the omelet you can fill with any of the following: grated cheese, sweetcorn and bacon, chopped cooked spinach, smoked fish, cooked chicken livers.

«can contemplate the wealth of literature surrounding you. Culinarians should seek out Martin, the staff expert with global knowledge of chefs and cooking.

There are plenty of places in Devonport to enjoy New Zealand cafe culture but Stone Oven Bakery gets extra points for its location — in the former Devonport Automatic Telephone Exchange (built in 1922). According to a man who had a job there in the 1950s, the phones worked fine as long as the undersea cable from Auckland didn't get damaged by a ship dragging its anchor. If it did, he had to hop on his bicycle and ride down to the harbour to get the spare cable hooked up.

Fast forward to today and Stone Oven's bright airy space with high ceilings and polished wooden floors boasts an extensive blackboard menu of freshly made eats, from breakfast Benny to local seafood with a glass of wine. Once a part of Stone Oven Bakery and now located across the road, baked@devonport is the place to pick up an artisan loaf of bread, a scroll bun filled with cheese and vegemite, a doughnut oozing jam and cream, or a classic New Zealand meat pie.



Cook

NEW ZEALAND



MAKES 8-10

Pikelets

PIKELETS ARE LITTLE PANCAKES, usually eaten with butter and jam, enjoyed with a cup of tea. This recipe is from the first edition of The Edmonds Cookbook.

All-Purpose Flour 1 cup

Baking Powder 1 tsp

Salt ¼ tsp

Egg 1

Sugar ¼ cup

Milk ¾ cup

- 1 SIFT** the flour, baking powder and salt into a bowl.
- 2 IN** another bowl, beat the egg and sugar until thick. Add with the milk to the sifted ingredients. Mix until just combined.
- 3 DROP** tablespoonsful of the mixture from the point of a spoon onto a hot, lightly greased griddle or non-stick frying pan. Turn the pikelets over when bubbles start to burst on the top surface. Cook the second side until golden.

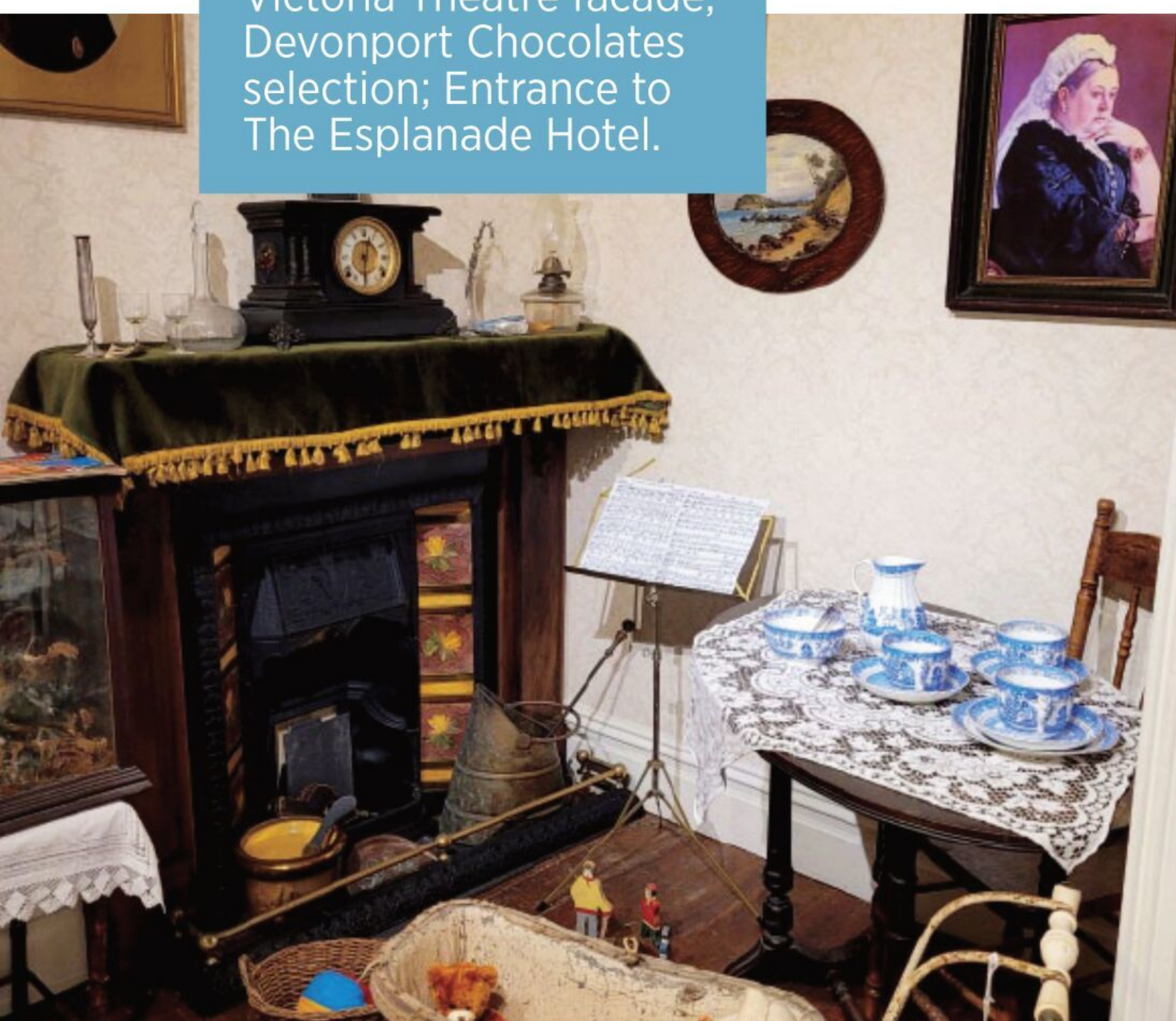
Another historic building enjoying a change of vocation is the former Bank of New Zealand, built in 1925. This handsome Classical facade now belongs to The Patriot, an English-themed pub with a raft of craft beers, outdoor seating and a kicked-up gastro-pub menu. Sidewalk tables and a Mediterranean menu are the draw at Mānuka Café and Restaurant, housed in a two-storey corner building that was once the Johnston & Noble grocery store. The old Devonport Post Office building has also recently been restored and houses eight businesses, including So French Home, a Francophile emporium filled with housewares, perfumes, French milled soaps and the like. The adjoining cafe serves up coffee, crepes, sandwiches and pastries. Further along Victoria Road, Corelli's Cafe is a local favourite for its affordable, homemade food and genuinely friendly staff.

The oldest existing house in Devonport, at 24 Victoria Road, was built in 1864. Carefully restored by a local couple, it is now home to Signal Hill, a modern bar and restaurant with casual outdoor dining as»



PHOTOS THIS SPREAD CLOCKWISE FROM TOP LEFT

Browsing in Bookmark; Fishing on Devonport Wharf; Villa living room diorama in Devonport Museum; Victoria Theatre facade; Devonport Chocolates selection; Entrance to The Esplanade Hotel.



Cook

NEW ZEALAND



SERVES 4

Venison Crudo

FAST FORWARD by a century and cuisine in New Zealand has come a long way. This elegant appetizer celebrates local ingredients with a fresh, contemporary approach. If you don't have access to venison, it is also fabulous with beef tenderloin.

Venison 2 x 200 g loins

Sea Salt for seasoning

Cracked Black Pepper for seasoning

Manuka Honey¹ 1 Tbs

White Vinegar 1 Tbs

Grapeseed or **Vegetable Oil** 50 ml

Rosemary Leaves ½ tsp

Soy Sauce ½ tsp

Salt and **Pepper** to taste

For Serving

Wild Rocket

Shaved Parmesan Cheese

Baby Nasturtium Leaves

Edible Flowers

1 IN a very hot fry pan seal the loins, just a few seconds per side. Season with salt and cracked pepper and reserve.

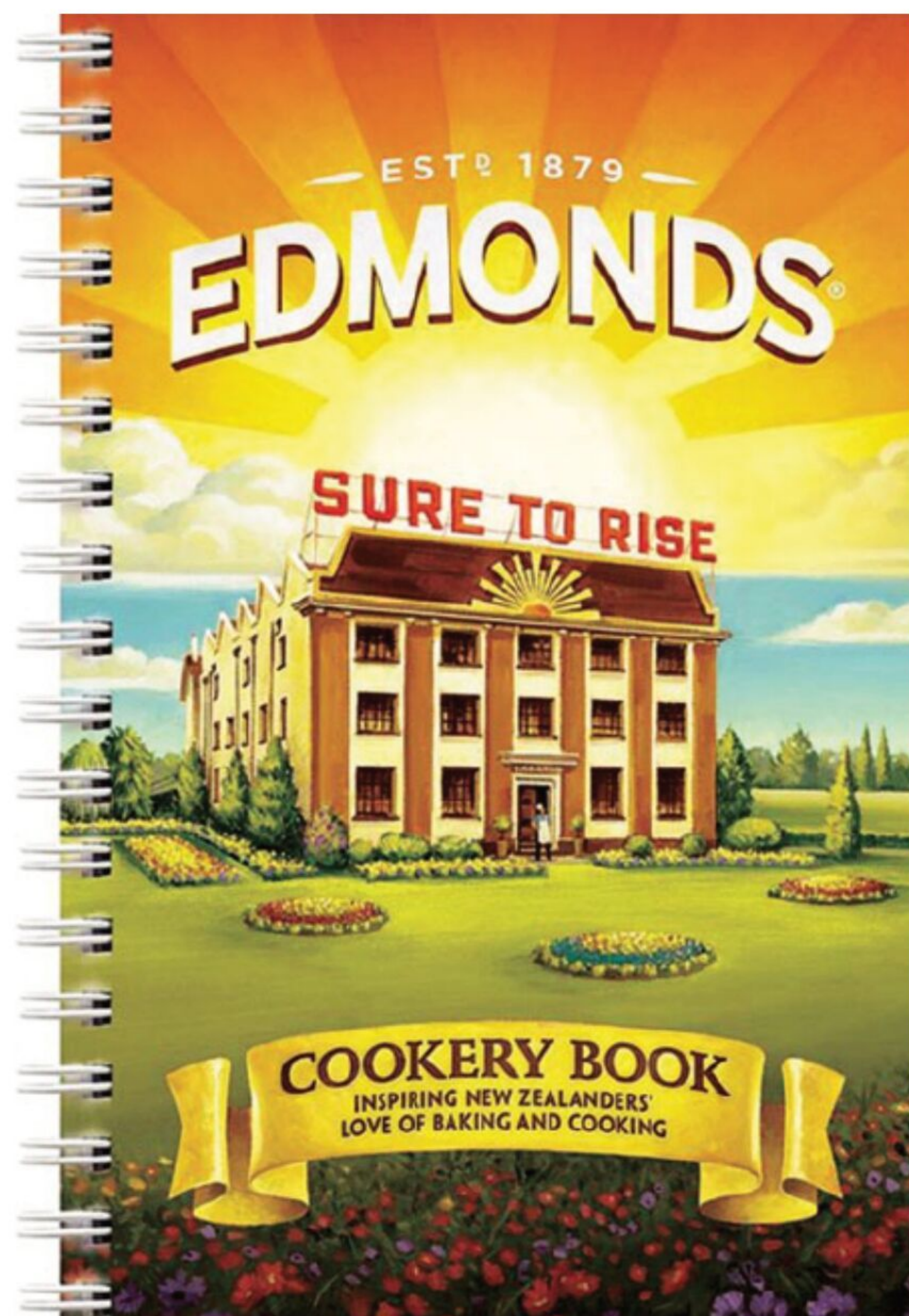
2 IN a bowl, whisk the honey and the vinegar until well mixed. Keep whisking and add the oil slowly to emulsify. Then chop and incorporate the rosemary and the soy sauce. Season with salt and pepper.

3 PLACE a spoonful of the vinaigrette on the plate. With a sharp knife slice the venison thinly and place overlapping slices in the center of the plate. Garnish with the rocket and nasturtium leaves, calendula flowers and shaved parmesan.

¹ Or other boldly flavoured honey, such as buckwheat.

«well as a formal indoor dining room with original kauri wood floors. The menu features locally raised lamb and beef, line-caught fish and superb cold-water oysters. New Zealand is surrounded by oceans that yield some of the finest fish and seafood in the world. Bluff Oysters, from the South Island, can be as large as the palm of your hand. With a glass of flinty New Zealand sauvignon blanc, or a creamy chardonnay, “bluffies” are rightfully regarded by locals as little parcels of heaven.

At the top of Victoria Road you'll find The Victoria Picture Palace and Theatre, the oldest purpose-built cinema building still standing in the Southern hemisphere. It was constructed in 1912 by an American couple whose pet monkeys kept in cages above the verandah were sometimes able to escape and create havoc in the street. Today the restored Victoria still functions as a cinema and live performance space.



The Edmonds Cookbook is New Zealand's answer to *The Joy of Cooking*. Thomas Edmonds published a recipe pamphlet in 1908 as a way to sell his baking powder. He watched the newspapers for engagement announcements and sent a copies to the brides-to-be. His enterprise paid off as his pamphlet grew into a cookbook that is still in print, with a copy in the kitchen of almost every Kiwi household.

THIS PHOTO Devonport's sandy beach greets visitors arriving by ferry.

Click
to

The Esplanade Hotel
www.esplanadehotel.co.nz

Devonport Chocolates
www.devonportchocolates.co.nz

Bookmark
www.bookmark.co.nz

Stone Oven Bakery
5 Clarence Street, Devonport

baked@devonport
www.bakedatonline.co.nz

The Patriot
www.thepatriot.co.nz

Mānuka Café and Restaurant
www.manukarestaurant.co.nz

So French Home
10 Victoria St, Devonport

Corelli's Cafe
www.corelliscafe.co.nz

Signal Hill
www.signalhill.co.nz

The Victoria Theatre
www.thevic.co.nz

Devonport Museum
www.devonportmuseum.org.nz

Torpedo Bay Museum
www.navymuseum.co.nz

The Devonport Museum, housed in part of an early Presbyterian Church, is a great place to see Devonport's history brought to life in a wide-ranging collection of artefacts and exhibits. My favourite is the reconstruction of a settler's cottage parlour with table set for tea — Victorian dollhouse charm writ large. The Torpedo Bay Museum, located in a modern building on the waterfront, chronicles the presence of the New Zealand Navy in Devonport, its HQ from 1909 to the present. In 1980 Devonport made international news by declaring itself a Nuclear-Free Zone, banning nuclear-powered ships from docking at the base.

History buffs can also explore gun emplacements and tunnels on North Head, built to defend Auckland from feared Russian invasion in the late 1800s. The headland is also a fantastic vantage point to watch cruise ship arrivals and other comings and goings

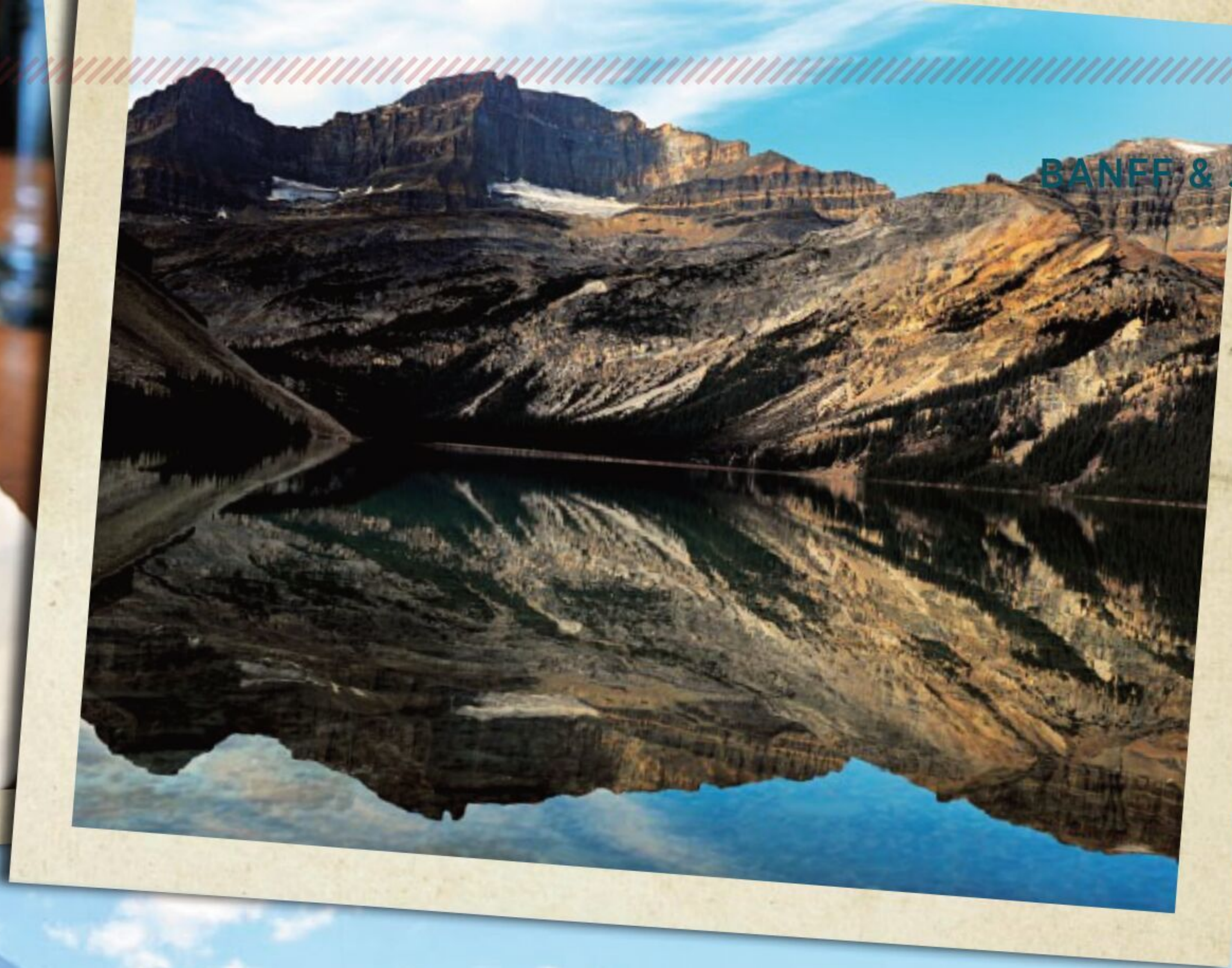
on the harbour. Local yacht races take place regularly in Auckland and 'The City of Sails' is also host to international yachting events such as the America's Cup and the Whitbread Round the World race.

The keeping of pigs is no longer allowed in Devonport but mixed bathing is. With its sandy beach, laid-back outdoor lifestyle and many tangible links to New Zealand's history, the seaside village with a view of the city is a true Kiwi treasure. 

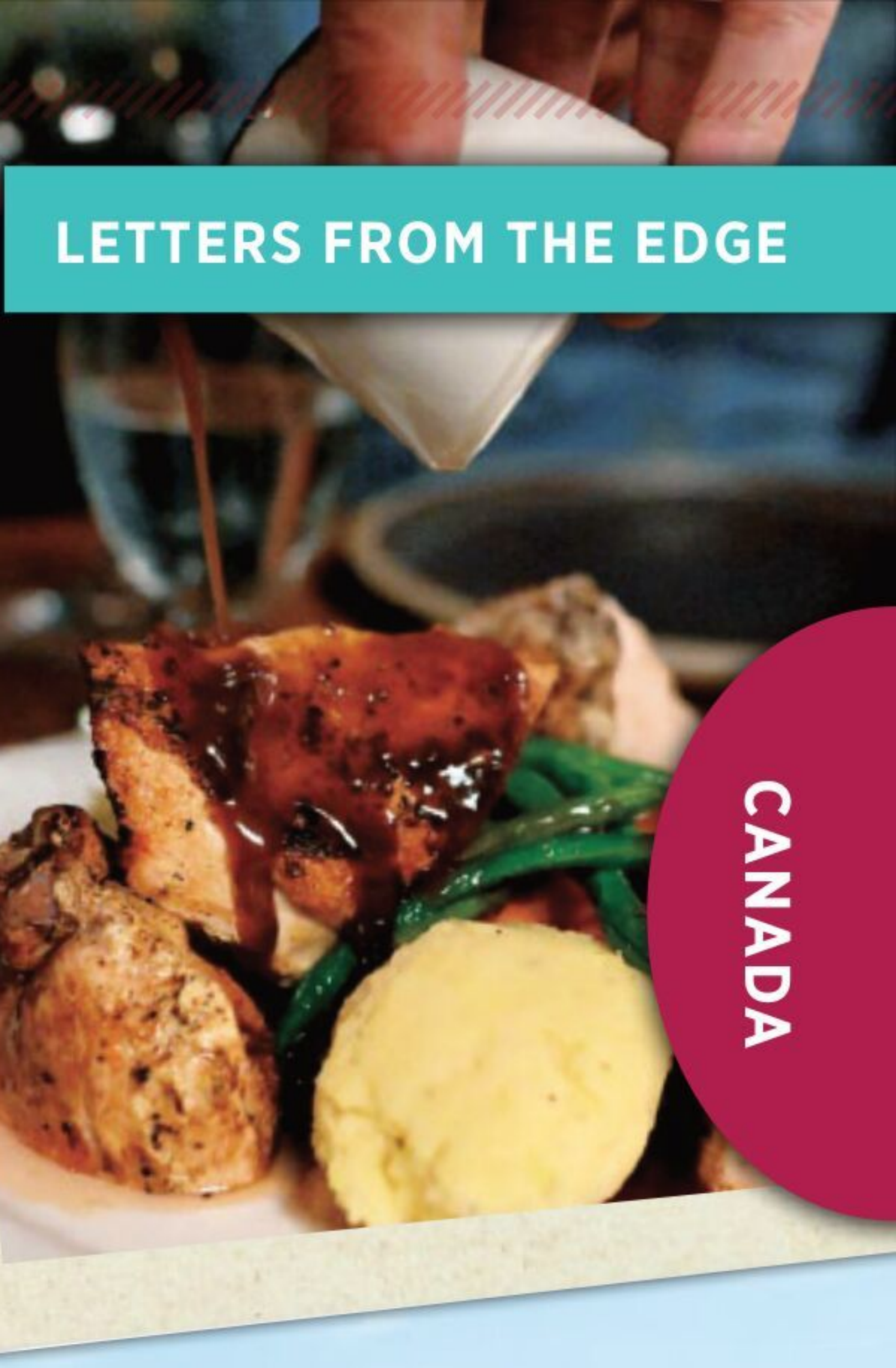
SUSIE ELLISON is TASTE&TRAVEL's Travel Editor. She loves to eat, loves to read and loves to travel.

...Who needs farm to table *when you can have farm to summit?*...

THIS SPREAD CLOCKWISE FROM TOP LEFT Spirit Island, Jasper; Caesar at Farm + Fire, Banff; Ginger Beef at Brazen, Banff; Bow Lake, Jasper; Dinner at The Pines, Jasper; Tartare at The Pines, Jasper; Dinner at The Pines, Jasper; Canoes at Maligne Lake, Jasper; Salad at Sky Bistro, Banff; Dessert at Brazen, Banff; Lake Minnewanka Boat Cruise, Banff; Salad at The Pines, Jasper. **MAIN PHOTO** Maligne Lake, Jasper.



BANFF & JASPER



LETTERS FROM THE EDGE

CANADA



Banff and Jasper

WHERE ON EARTH

BANFF & JASPER

Culinary Goodness in the Canadian Rockies

by STEPHANIE ARSENAULT



MALIGNE LAKE



«*THERE IS NOWHERE* quite like Banff and Jasper in the Canadian Rockies; the dramatic mountains, gemstone-hued lakes, and lush green forests make it the perfect destination for those seeking out some time in nature. Of course, the beauty of the area can be celebrated by enjoying all that it has to offer: skiing in the winter, hiking in the summer, exploring said stunning lakes by boat, and so much more. Despite the proximity to one another, however, both destinations are quite different.

Banff, located about an hour and a half from Calgary International Airport (YYC), is Canada's first national park, the world's third, and is part of the Canadian Rocky Mountain Parks UNESCO World Heritage Site. The area was inhabited by Indigenous Peoples (see note) for centuries before Europeans began to arrive in the 1700s, and they were integral in guiding the settlers through the rough terrain along with teaching them their ways of living off the land. In 1893, a few Canadian Pacific Railway workers found natural hot springs on Sulphur Mountain, and those springs are what prompted the government to protect the area, later becoming the start of Banff National Park.

Back then, Banff was a place full of trailblazers and mavericks; the townsite went up quickly, and many wild west-esque characters made their way to the area. Folks like Ebenezer William "Wild Bill" Peyto, who was one of Banff's first wardens, and Bill and Jim Brewster, who offered guided excursions in the Rockies, frequented the bar at the Mount Royal Hotel, solidifying it as a watering hole for locals and visitors alike, and the rest is history.

Today, the Mount Royal Hotel dons a restaurant called *Brazen*, named in honour of those trailblazers and mavericks, and the menu reflects that with modern takes on Canadian-inspired classics. At the bar, drinks like

the Smokin' Warden (aptly referring to Bill Peyto) and Brazen's Shaft (referring to local mining operations) are there to help guests strike up an appetite, and the drool-inducing Ginger Beef, a Calgary-born classic, is there to fill up bellies with Certified Angus Beef hangar steak, blistered shishito peppers, and a beautiful ginger syrup that's lit up tableside and poured over the sizzling dish.

Naturally, people who make their way to Banff have a focus on the natural beauty of the area, but to get a true taste of the Rockies, you have to try out the local culinary offerings. Ready to bring a taste of the Rockies to hungry visitors and locals alike, the brilliant minds behind some of the best restaurants in Banff and Jasper have curated menus that make the most of Canadian ingredients and hospitality.

"The word 'hospitality' is thrown around a lot," says Scott Hergott, the Executive Chef for Pursuit Collection's Banff properties, "but to me it is the cornerstone of the food and beverage industry." While important, good food isn't just about taste, it's about how it makes you feel. "The goal is to create amazing experiences that not only nourish our guests but leave them with a memory or an experience that they remember for a lifetime."

While down in the town of Banff visitors can get a taste of the old world at Brazen; it's higher up,»





PHOTOS THIS SPREAD CLOCKWISE FROM TOP LEFT
Canoe at Pyramid Lake, Jasper;
Visitors paddling through Pyramid
Lake, Jasper; Bow Lake, Jasper; Open
Top Tours, Banff; Sky Bistro, Banff.



SERVES 4

Sky Bistro's Seafood Chowder

THIS RECIPE, CURRENTLY AVAILABLE on the menu at Sky Bistro, was passed down to Chef Scott from his mentor, retired Chef Martin Luthi, formerly of the Fairmont Banff Springs.

Butter $\frac{1}{2}$ cup

Carrot diced,
 $\frac{1}{3}$ cup

Celery diced,
 $\frac{1}{3}$ cup

Onion diced,
generous
 $\frac{1}{2}$ cup

**All-Purpose
Flour**
scant 1 cup

Clam Juice
1 $\frac{1}{2}$ cups

**Cooked Clam
Meat** 1 cup

Water 1 cup

To Serve

**Other Fish Of
Choice**, cooked
and flaked

Chopped
Cooked Bacon

**Tobiko (Flying
Fish Roe)**

- 1 PLACE** the butter, onion, carrot and celery in a large pot over medium heat and cook until the vegetables have softened and the onions are translucent.
- 2 ADD** the flour, stirring constantly with a wooden spoon in a figure-eight motion for even cooking. In three to five minutes, you'll have a light roux that should puff slightly.
- 3 SWITCH** to a whisk, and add clam juice slowly, while whisking out any lumps. Slowly add the water, while whisking, until you reach your desired consistency. Stir in the clam meat.
- 4 PLACE** flaked fish or other seafood in serving bowls, top with the hot chowder. Garnish with cooked chopped bacon and tobiko.

«specifically 883 metres (2,900 feet) higher, that truly offers a once in a lifetime experience. After an eight-minute ride on a gondola (or a hike we'd rather not discuss), guests can make their way to the top of Sulphur Mountain. Here, you can wander, take epic photos of the six mountain ranges in view, and even catch northern lights if you're there on the right evening at the right time. That said, even if the weather is not cooperating and you end up with a cloudy view, there are few things better than dining at Sky Bistro.

The restaurant, located at the top of the gondola, dons floor to ceiling windows (for ogling those sunsets, northern lights, or clouds... either way, it's gorgeous), and a Canada-focused menu that heavily relies on local producers and changes seasonally. Here, the chefs try to incorporate the freshest sustainably sourced ingredients possible. "We've taken it one step further at the Banff Gondola," says Hergott. Who needs *farm to table* when you can have *farm to summit*? Dishes like the Seafood Chowder (currently on the menu at Sky Bistro, recipe follows) have ingredients from all over the country, like Pacific salmon, BC prawns, and Canadian mussels, while other dishes are more local, using producers like Certified Angus Beef and Sylvan Star Cheese.

As the growing season in Alberta is just three to four months, it can be difficult to source fresh produce that is both local and sustainable. Hergott is a fan of Calgary's Deepwater Farms and Red Fox Fungi Farms, who each provide year-round greens and gourmet mushrooms, respectively, and forego the use of pesticides and herbicides. "We take pride in working with local suppliers and farmers to deliver a quality product," says Hergott, "our main focus is to not over complicate our dishes and let the food do the work."

Onward to Jasper, just a few hours' drive northwest of Banff, but a beautiful one at that, for another culinary experience. The drive itself is

one of the most stunning in Canada; the Icefields Parkway winds through 232 kilometres (about 150 miles) of rugged peaks, dramatic glaciers, and fairytale-worthy aquamarine lakes that provide mirror images of the water below and mountains above.

The town of Jasper is much quieter than Banff, perhaps due to its slightly less-accessible location, but offers just as much as its more tourist-laden counterpart. Here, the focus on food is more about incorporating the rawness of Jasper into the menu. "Locally farmed and foraged fare is at the heart of what we do," says Jamie Hussey, the Director of Food and Beverage at Pursuit Collection's Jasper properties. "Like the seasons, our menus are constantly changing to incorporate natural, local ingredients."

At Terra, located in the Crimson Hotel, they "operate in the ideology of local ingredients with world techniques," says Hussey, "we draw inspiration from the park, Alberta and Canada." While they can't forage within the park, they take note of what's available locally, and forage just outside the parks boundaries, making it as local as possible.

The Pines Restaurant, at Pyramid Lake Resort, is all about the rustic elegance of Jasper. "Our flavours need to be like the landscape, bold and unmistakable," says Darren Fabian, Director of Beverage and Bars for Pursuit. "Speaking of cocktails specifically, Pyramid Lake is a pristine body of water surrounded by an alpine meadow and peaks. You can see mountain juniper on the hiking trails, so we tend to be gin-focused there."

As in Banff, the folks behind Jasper's food and beverage program strive to create inspired classics. "We take classic cocktails and add local twists, garnishes or flavour," says Hussey. "We like bold, balanced cocktails. We add smoke, spruce, maple, juniper and local spirits."

Some ingredients, like haskap

WHAT TO DO IN BANFF...

The Banff Gondola (en route to Sky Bistro) is the perfect way to venture to the top of Sulphur Mountain. Hiking, incredible views, and delectable dining await! Open Top Tour takes visitors around Banff townsite, out toward Mount Norquay, and more. The Lake Minnewanka Cruise, available seasonally, takes visitors on a historical and geological trip along the second longest lake in the mountain parks of the Canadian Rockies.

IN JASPER...

Wander through downtown Jasper and enjoy a pint at Jasper Brewing Co., check out Indigenous art at Our Native Land, or hop on a cruise at Maligne Lake and take in the history of the area, or venture 280 metres (918 feet) above a rugged canyon on the Jasper Skywalk (keep your eyes out for mountain goats and pikas!).

WHERE TO STAY IN BANFF, the elk +

avenue hotel offers large, modern spaces in the heart of town. For those looking to stay somewhere in the middle of all the action (shops, nightlife, restaurants), the legendary Mount Royal Hotel is a great option.

IN JASPER, The Crimson is a modern hotel close to shops, restaurants, and an assortment of trailheads. A quick walk down the street is the Forest Park Hotel, with spacious, modern rooms and plenty of cozy spots to warm up après-ski.

HOW TO GET THERE

Upon landing at Calgary International Airport (YYC), you can take the Brewster Express bus (\$79 one way, \$135 round trip) to Banff, but if you're venturing to Jasper as well, renting a vehicle is the way to go.

berries, are only found in a handful of places across the country, and their growing season is very short. "It's up to us to find as many ways as possible to use an ingredient like that both on the culinary and beverage side without being repetitive," says Fabian. A cocktail like the Bonfire Old Fashioned, served at Terra, is the perfect example of something utilizing local ingredients. Featuring a "berbon" made of Alberta-grown Taber corn, which is distilled in the method of Kentucky bourbon, this drink is a simple, smokey beverage that truly epitomizes a classic cocktail with a Rocky Mountain flair (recipe follows).

After a few rough years due to the pandemic, the restaurant scene in the Rockies has been interesting. Chef Scott is excited to see where everything goes now, after such uncertainty, and is grateful for the support they've had. "We have lost a lot of talented and amazing colleagues during the pandemic, so be patient," he says, "our passion and drive to nourish each and every one of our guests has not wavered!"

Now, more than ever, the Rockies are ready to welcome visitors. Cocktails in hand, beef on the grill, it's time to get your appetite ready for a delicious trip to Banff and Jasper. 

Jasper Brewing Co.
www.jasperbrewingco.ca

Our Native Land
www.ournativeland.com

More details on lake cruises, Open Top Tours, the Jasper Skywalk, and accommodation can be found at www.banffjaspercollection.com

NOTE: It is important to acknowledge that both Banff and Jasper are located in Treaty 6, 7, and 8, as well as the traditional lands of many more Indigenous groups, and that these people were forcibly removed from the area in the early 1900s, disconnecting them from their culture. Parks Canada now works closely with Indigenous communities to "strengthen connections with traditionally used lands and waters, respect Indigenous rights and expand and ensure the presentation and commemoration of Indigenous histories and cultures within the park."

STEPHANIE ARSENAULT is a freelance food and travel writer and photographer currently based out of San Diego. Find her online @globaldish, or in person probably on the hunt for pizza.

Cook &



SERVES 1

Terra's Bonfire Old Fashioned

THIS TAKE ON A CLASSIC COCKTAIL is a popular pick at Terra in Jasper. It uses a locally-sourced Taber Corn Berbon from Bridgeland Distillery, and is distilled in the classic Kentucky Bourbon style.

Ice Cube 1 large

Bridgeland Taber Corn Berbon¹ 1 oz

Brown Sugar Syrup
¾ oz (recipe below)

Bark Bitters a dash

Dehydrated Orange Slice 1

- 1 SET** up a rocks glass with a king cube.
- 2 IN** a mixing glass with ice, add the berbon (or bourbon), brown sugar syrup and bitters. Stir for 10 seconds and strain over the king cube. Garnish with dehydrated orange.
- 3 FILL** the glass with cedar smoke with a smoke gun², cover with a coaster, and then remove the coaster upon serving.

Brown Sugar Syrup

Brown Sugar
½ cup

Water
½ cup

- 1 IN** a medium saucepan over medium heat, combine the brown sugar and the water.
- 2 STIR** until sugar has dissolved and immediately remove from heat and let cool.
- 3 STORE** in an airtight container in the fridge for up to one month.

¹ If you can't get your hands on a bottle of this, use a bourbon of your choice.

² Don't have a smoke gun? Take about a tablespoon of cedar wood chips (available at a hardware store or culinary shop), light one (on a safe surface like a pan), and then place a mason jar over the wood once it starts smoking. When the jar is full of smoke, quickly add a lid to capture it. At this point, you can strain your cocktail into the mason jar, then pour it into the glass with the king cube and garnish with the orange slice.

Holistic Haven

*Quebec City*

WHERE ON EARTH

Monastère des Augustines

I F THESE WALLS COULD TALK.

From the moment you step through the arched stone gate into the walled compound of Monastère des Augustines, a profound sense of peace and purpose enfolds you. For close to 400 years the nuns who lived cloistered within the monastery devoted their lives to healing and caring for the sick, and their mission reverberates in the corridors and quiet spaces that welcome present day visitors to Quebec City.

The Augustinian sisters arrived in New France in 1639 and established the first hospital in North America. They travelled widely throughout Quebec, learning from First Nations healers about plants and natural remedies. With only one doctor serving monasteries from northern Quebec to New Orleans, the sisters were also de-facto surgeons. Their skill, intelligence and the scientific information they sent back to Europe contributed to many medical and pharmaceutical advancements.»

by **SUSIE ELLISON**

PHOTOS THIS SPREAD CLOCKWISE FROM LEFT

Serene white walls and warm wood tones line the monastery corridors; The Vaults provide a unique space for yoga and other activities; Modern glass and ancient stone combine in the lobby atrium.

...A brilliant reinvention combining modern glass with ancient stone...

Cook

CANADA



MAKES ABOUT 35 CANAPÉS

Roasted Beetroot Mousse & Goat Cheese Canapés

A SIMPLE AND COLOURFUL recipe that is good for your health. From le Vivoir, the dining space at the Monastère des Augustines.

Mousse

Red Beets 2

Goat Cheese
500 g

Olive Oil
2 Tbs

Fresh Lemon Juice
3 Tbs

Salt and Pepper
to taste

Crackers
1 per serving

Walnuts or Pine Nuts for garnish

- 1 PEEL** and cut the beets into one-inch cubes. In a bowl, mix the beet cubes with the olive oil and add a pinch of salt and pepper.
- 2 PLACE** the beet cubes on a baking sheet lined with aluminum foil and bake for about 30 minutes at 475°F until roasted and tender. Let cool.
- 3 PUT** the roasted beet cubes in a food processor and add the goat cheese and lemon juice. Process until the texture is a smooth, consistent mousse.
- 4 SPREAD** the mousse over the crackers with a pastry bag with a fluted tip to get the result shown in the picture, or simply use a knife to spread it evenly.
- 5 GARNISH** with the walnuts or pine nuts, and simple salad if desired.

«The Hôtel-Dieu de Québec is now a renowned teaching hospital affiliated with Laval University. The nuns continued to live in the adjoining convent but as their numbers dwindled over time its future was threatened. In 2015, after a 45-million-dollar restoration project funded jointly by the Quebec Government, UNESCO and the Vatican, the historic complex reopened as a boutique hotel and wellness centre, with a museum, archives and research library in the basement. It's a brilliant reinvention combining modern glass with ancient stone to preserve the Augustinian sister's traditional vocation of caring for body and soul while bringing new purpose to the sacred, contemplative spaces they called home.

Monastère des Augustines is a non-profit organization, with paying guests helping to underwrite the social mission of offering support to people who care for others. During the Covid 19 pandemic, the monastery closed for just one week, then opened again to care for first responders and others on the front lines of the health crisis. Now as life returns to normal, the monastery's 65 rooms are filled with guests who come for wellness retreats and a variety of holistic treatments designed to heal body, mind and spirit.

Two types of guest room are available. Contemporary rooms have modern queen beds and en-suite bathrooms but no TV, phone or other distractions. Traditional rooms are the original nun's cells, minimalist and charming, with single bedsteads and antique furnishings gathered from monasteries throughout Quebec. These rooms are a truly unique place to sleep.

The nuns lived primarily in silence and a hushed atmosphere pervades the monastery. Guests are asked to mute their phones, to close doors gently, and to talk in lowered voices. Breakfast is taken in silence and quiet spaces — gardens, courtyards, alcoves with sofas — encourage guests to seek stillness and to get in touch with their inner self.

Wellness services include massage therapy, one-on-one holistic health consultations, guided contemplative walks, self-guided monastery tours, and yoga in the vaults — a magical chamber deep within the earth, with thick stone walls and barrel-vaulted ceiling. Throughout the monastery's many halls, artifacts, religious paraphernalia and priceless artworks are on display, inviting pause and reflection. It is easy to get lost within the labyrinth of stairwells and corridors but being unable to get anywhere in a hurry becomes another invitation to slow down. After a few days, the hush and gentle pace becomes second nature, and along with it, the realization that a true sense of peace, for most of us, is absent from our daily lives.

When the first Augustinian sisters — three women in their twenties — arrived in New France with the mission of caring for the sick, there were around 200 people, mostly men, living in Quebec City. Living conditions in the settlement were harsh and most of the illnesses the nuns treated arose from malnutrition, caused by a diet of mostly bread or porridge. One of the first things the sisters did was to plant gardens in order to provide sustenance for themselves and the people in their care. Over time the monastery garden grew to encompass orchards, vegetables, nut trees, herbs and medicinal plants. A head gardener was appointed among the nuns to select and manage the plantings and others were tasked with maintaining crops, maximizing the harvest and overseeing employees.

The monastery played an important role in provisioning the city. In addition to the sisters' garden, a farmhouse, grain shed, chicken coop»

PHOTOS FROM TOP
Religious artifacts
and works of art
are displayed
throughout
the monastery;
Traditional
guest rooms are
authentic nun's
cells, updated.





«and slaughterhouse provided meat, eggs and other animal products. In recognition of their service to the community, the sisters were given exclusive fishing rights at the mouth of the Rivière St Charles and fish became an important part of the diet provided for the sick. Over the years, the sisters' agricultural holdings expanded and they took control of the Île-aux-oies (Goose Island) in the St Lawrence River, employing farmers to provide the community with livestock, wheat, flour and vegetable crops. Sale of surplus food helped fund their charitable work. The sisters are also credited as the pioneers of urban beekeeping. They produced honey, wax and propolis, which they knew for its medicinal properties.

Although the sisters produced healthy and varied meals for the sick and provided the wider community with a wide range of products, according to the tenets of their religion their own diet was meagre and austere. Simple meals were taken in the refectory in silence, with a nun reading scriptures from a lectern and Mother Superior overseeing from the head table.

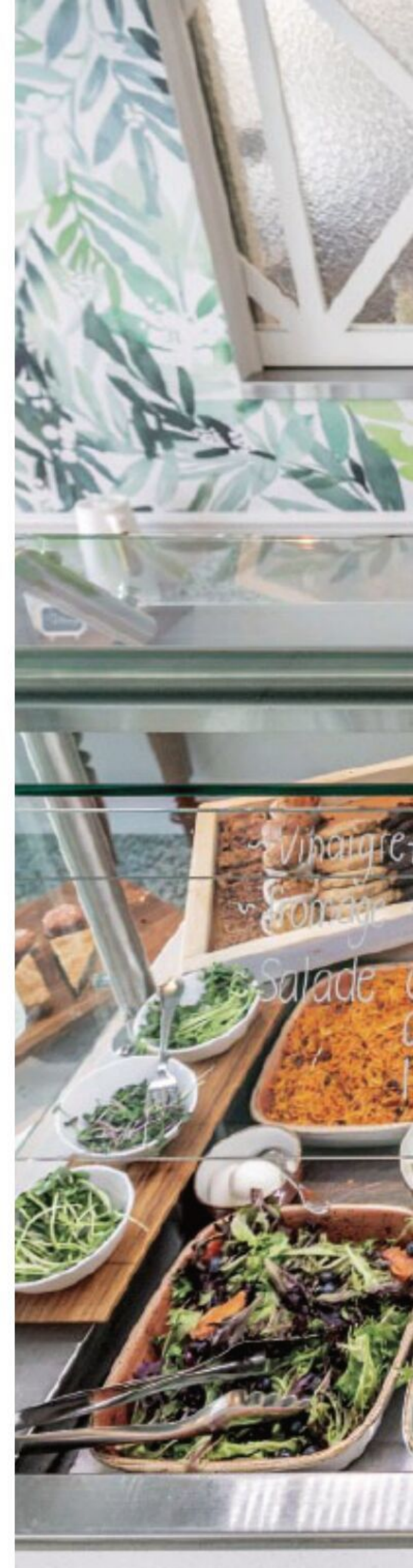
Mindful Eating, a process of slowing down and allowing one's sensory systems to relax and more deeply appreciate the act of nourishing one's body, is one of the pillars of the Monastère's modern wellness program. The airy, light-filled restaurant le Vivoir is a calm and welcoming space where healthy, well balanced meals are offered and cozy corners invite guests to curl up with a cup of tea and a book. Continuing the tradition of the Augustines, food is fresh, local and mostly organic, many dishes employing medicinal plants, flowers and herbs grown in the monastery gardens. Breakfast is taken in silence, a morning ritual in keeping with the monastery's historic vocation.

Chef Derek McCann is responsible for the daily feast offered in le Vivoir. Rustic breads are served with the monastery's own ghee (fine for the lactose- or casein-intolerant), which quickly becomes addictive, as do the homemade pickles, creative vegetable salads and garden fresh soups. Vegans and vegetarians have plenty of options but fish, fowl and meat are also on the menu, prepared using methods, like slow-cooking and sous vide, that preserve nutrients. And yes, you can enjoy a glass of wine with your meal.

Not all guests come to the Monastère for a wellness retreat — some come for the unique experience of staying in an authentic 17th-century convent, others are writers in residence. First responders, parents of sick children, elderly and other caregivers pay just \$30 for eight days a year to spend as guests of the monastery, to find respite and rebuild strength to continue taking care of others.

Regardless of the reason people come to this exceptional remnant of Quebec and European history, all are touched by the sense of commitment, dedication, bravery and inner strength the Augustine sisters exhibited in their lives and deeds. The walls do indeed speak. 

SUSIE ELLISON is TASTE&TRAVEL's Travel Editor. She loves to eat, loves to read and loves to travel.



Cook
&

CANADA



PHOTOS THIS SPREAD CLOCKWISE FROM TOP LEFT
The monastery Archives include historic images of the sisters working in the kitchen and gardens; Self-service in le Vivoir; The historic refectory is now a unique meeting space; Courtyard view; One of the many paintings in the monastery's valuable collection.



SERVES 6-8

Vegan Lentil Dahl

LENTILS ARE A PLENTIFUL source of nutrients. They are rich in fibre, protein and antioxidants. What's more, they are affordable and easy to make at home.

Onion 1 small, chopped

Garlic 1 clove, chopped

Vegetable Oil 1 Tbs

Cinnamon Stick 1

Fresh Ginger 1 large piece, chopped

Green Lentils 2 cups

Vegetable Broth 4 cups

Curry Powder 1 tsp

Turmeric Powder 1 tsp

Cumin Powder 1 tsp

Ginger Powder 1 tsp

Coconut Milk 1 cup

Coconut Cream ½ cup

Salt and Freshly Ground Pepper to taste

Cooked Jasmine or Basmati Rice for serving

1 SAUTÉ the onion and garlic in the oil, over medium heat.

2 ADD the cinnamon stick, fresh ginger, lentils and vegetable broth.

3 COOK over medium heat until the lentils are tender, making sure that you don't overcook them. Remove from the heat and stir in the dried spices, coconut milk and cream.

4 REMOVE the cinnamon stick and discard. Season the dahl to taste with salt and pepper.

5 SERVE over cooked rice and add any of these optional toppings: toasted coconut shavings, toasted sliced almonds, fresh coriander, mustard microgreens to spice things up, or corn or red cabbage for a sweeter taste.

FRANCE



→ Paris

WHERE ON EARTH

PARIS CONCIERGE

by ELYSE GLICKMAN

GALERIES LAFAYETTE
LA MAISON - LE GOURMET

LE GOURMET
LE GOURMET

RdC
bas

Place du marché
Épicerie fine
La Maison du Chocolat
Fromager / Poissonnier
Boucher - Le Bourdonnec
Primeur - Maison Colom
Charcutier - Maison Vérot
Foie gras - Maison Dubernet

RdC

Dalloyau
Yann Couvreur Café
Pierre Hermé Paris
Pierre Marcolini
L'Éclair de génie
Philippe Conticini
Jean-Paul Hévin
Le Chocolat - Alain Ducasse
Maison Boissier
Il gelato del Marchese
Mariage Frères
La Route des Indes
Maison de la Trappe
Cinco Jotas
Traiteur Italien - Levoni
Traiteur asiatique
chez Meunier

THIS PHOTO Galeries Lafayette is one of the places to go for fancy food in the centre of Paris.

ONLY GOT A FEW DAYS
or hours to spend in Paris?
Here's an insider's guide to
some culinary highlights in
the City of Light.

Paris offers a vast array of gastronomic gems but if time is short, one of the best places to start is **Galleries Lafayette Le Gourmet**, part of the impressive three-building Galleries Lafayette flagship on Boulevard Hausmann in the centre of Paris. It does for packaged fancy foods and prepared meals what the rest of the emporium of style has done for fashion.

St Germain de Près (the 6th Arrondissement) is a haven for those preferring boutiques over emporiums. Fun finds here include **Maison Bremond 1830**, stocking specialties from Provence (the pistachio butter is a revelation), and **Richart**, a family-owned producer of chocolate squares rendered in unusual flavours and macarons cited by various local newspapers as the best in the city. While the **Paul** brand has gone global with its bakeries, interior and stage designer Emilie Bonaventure has transformed the Paul space in the 6th into an atmospheric oasis for a quick breakfast or leisurely dessert and coffee.

The Champs-Élysées as it exists today may remind some of Times Square or a giant open air mall. You can even find a McDonald's with its own canelés, macarons and baguette sandwiches. **Restaurant Le Drugstore** serves up many reasons to brave Paris' busiest thoroughfare. The restaurant was brought to life in 1958 by Publicis advertising agency founder Marcel Bleustein-Blanchet, inspired by his time in New York City. Based on his vision, the interior design reflected post-World War II optimism while the menu was a synthesis of American and French sensibilities.»





«Although Le Drugstore was almost too trendy for its own good at one point (resulting in over-expansion) the original thrives thanks to an ambitious menu and a cool Mid-Century vibe by British interior designer Tom Dixon that people of all generations can appreciate. Michelin three-star chef Eric Frechon devised a menu juxtaposing international travel with several American staples. Louisiana fried chicken breast, barbecued pork ribs with grilled corn, and a classic cheeseburger co-exist with originals like crispy broccoli and curry butter sauce; salmon tartare with yuzu and yellow chilli; carpaccio of marinated sea bass, vanilla, chilli and grilled avocado; and a corn appetizer best described as a take on Mexican elote transformed with tempura batter and tandoori seasoning.

These and other dishes are excellent foils for bartender Nicholas Usselman's glamorous and memorable cocktails. "Le Sprummer" (with French-distilled Gin Anaë, house-made verbena syrup, lemon juice, and champagne), "L'Été Indien" (rosé Champagne, Chambord, Pimm's N°1, and strawberry juice), and Maple Julep capture the happy, fizzy Parisian cocktail culture of the 1950s while adding modern spins in keeping with the decor and food menu.

The artsy Marais District (skirting the 4th Arrondissement) is one of the city's great incubators for new French food, fashion and lifestyle trends. Streets overflow with pocket-sized fancy food shops, delis, artisanal vendors and ethnic food eateries that prove some of the best things to come out of Paris are affordable, accessible and even family-friendly. Moïse Sfez created "street food" establishments **Homer** in 2017 and **Janet by Homer** in January 2022, in such a way that they both transcend the novelty of serving classed-up American comfort food.

Both restaurants are now regarded as essential Paris dining thanks to Sfez's commitment, spending up to two years perfecting the recipes for everything from the brioche — the backbone of both restaurants' menus — to house-made Old Bay seasoning, truffled hot sauce, house-made pickles, potato chips and fresh lemonade. Each restaurant even has its own bespoke craft beer — an IPA which complements the deli meats and a pilsner that holds up to the rich, buttery lobster rolls, tuna melts and red caviar on cream cheese.

The "Connecticut" lobster roll, in spite of its name is a rich, complex and decadent "only-in-Paris" bite. The much simpler classic lobster roll with buttered brioche, generous pieces of lobster meat and chive topping, is equally satisfying. Sandwiches with crayfish, shrimp and crabmeat are also beautifully done and perfect in their simplicity and seasoning. While my native New Englander travel companion was impressed with Sfez's takes on his childhood favourites, the look of pure joy on his face when sampling the tuna melt was priceless. At **Janet**, the pulled beef sandwich provided tough competition for *Vogue*, *Esquire*, and *Elle*-lauded pastrami sandwiches. While some review sites point to the fact that no fries are offered, we agreed the house-made chips, coleslaw and pickles allow the sandwiches to take center stage.»



PHOTOS THIS SPREAD CLOCKWISE FROM TOP LEFT
 Nick mixes it up at le Drugstore;
 Coffee break at Paul; Paul's flagship
 store; Cooks at Rotisseur d'Argent;
 Homer lobster rolls and beer; Café
 Les Flottes; Le Drugstore julep;
 Sandwich jambon; Le Drugstore
 tempura; Les Flottes mac 'n cheese.



PHOTOS THIS SPREAD
CLOCKWISE FROM TOP
LEFT Paris rooftop
picnic; Richart
chocolates;
Vintage metro
sign; Maison
Bremond cheeses.





« Finally, a visit to Paris is usually not complete without at least one meal at an intimate brasserie, especially one populated with neighbourhood regulars. Latin Quarter institution **La Rôtisserie d'Argent** perfectly executes roasted chicken along with roasted duck, foie gras, terrines and other hearth-wrought dishes alive with flavour and warm aromas, as well as a nice wine list. It also doesn't hurt that on a clear day, one can see Notre Dame Cathedral and the Eiffel Tower from the outdoor seating area. In the 1st Arrondissement, just off ultra-posh Rue Saint Honoré, the always busy **Le Petit Flottes** boasts a fittingly rich seating area outfitted with an oyster bar. While its wildly popular croque monsieur sandwiches sell out, there's also a fabulous pasta dish topped with ten-year aged comté cheese big enough to share and rich enough to satisfy a melted cheese craving. 



FRANCE



Galleries Lafayette Le Gourmet
www.gourmet.gallerieslafayette.com

Maison Bremond 1830
www.mb-1830.com

Richart
www.richart.com

Paul St. Germain des Pres
www.paul-bakeries.com

Restaurant Le Drugstore
www.restaurant-le-drugstore.com

Homer
www.homerlobster.com/homer-lobster

Janet by Homer
www.homerlobster.com/janet-by-homer

Le Rôtisserie d'Argent
www.tourdargent.com/la-rotisserie-dargent

Le Petit Flottes
www.lepetitflottes.fr/en

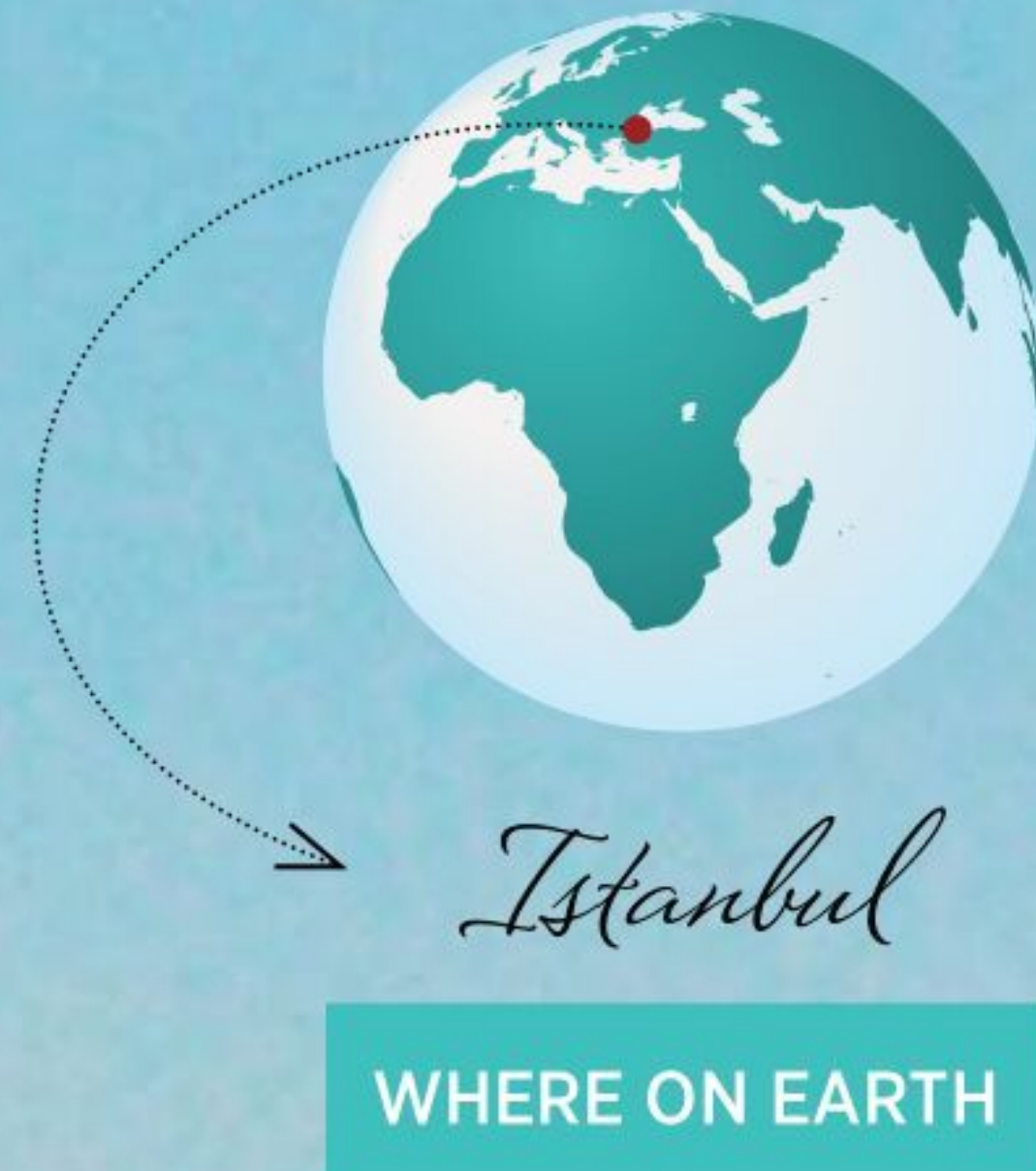
HERITAGE

ISTANBUL FOREVER

TURKEY

Istanbul

FOREVER *by* SUSAN HALLETT



PHOTOS THIS SPREAD FROM
LEFT Istanbul from
the water; Istanbul
breakfast.



TURKEY

WITH ITS STRATEGIC LOCATION on the Bosphorus peninsula between the Balkans and Anatolia, the Black Sea and the Mediterranean, Istanbul has been associated with major political, religious and artistic events for more than 2000 years.

The UNESCO World Heritage Centre reminds us that this romantic city, also known as Constantinople, has been successively the capital of the Eastern Roman Empire and the Ottoman Empire. Architectural masterpieces include the ancient Hippodrome of Constantine, the 15th-century Topkapi Palace, which was continually extended until the 19th century, the 6th- century Sancta or Hagia Sophia, and the 16th-century Suleymaniye Mosque complex with caravanserai, madrasa, medical school, library, bath building, hospice and imperial tombs. All are all superb examples of palaces and buildings of the Ottoman period. Each one is vulnerable — threatened by population pressure, industrial pollution and uncontrolled urbanization — and according to UNESCO, protection is a necessity. »

Cook

TURKEY



ONDER-ORTEL

SERVES 1

Turkish Coffee

TURKISH COFFEE has a unique flavour that comes from boiling the grounds to remove acidity.

Water
½ cup

Sugar
1 tsp

**Powdered
Turkish
Coffee**
1 heaping
tsp

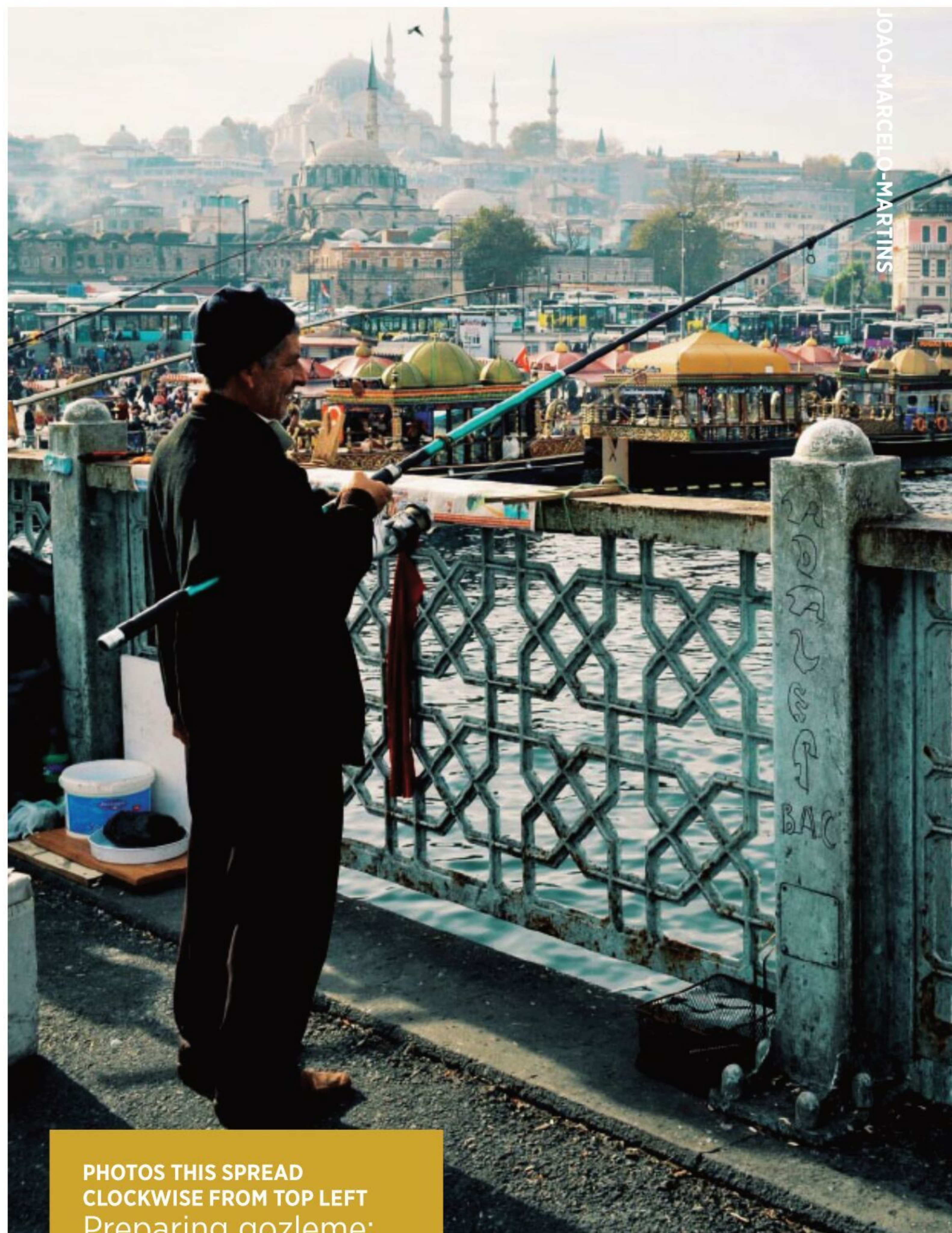
- 1** IN a straight-sided Turkish coffee pot, boil the water with the sugar until clear. Add the powdered Turkish coffee and stir well. Let boil up three times.
- 2** TAKE off the stove, add a few drops of cold water to settle the grounds. Pour immediately into a small cup.
- 3** FOR two, repeat the procedure.

«Also under threat: the iconic 17th-century Blue Mosque, famous for its blue tiles, as well as the Sokollu Mehmet Pasha Mosque, the 16th-century Sehzade Mosque complex, and the aqueduct of Valens. Precious mosaics, tombs, frescoes, monumental cisterns, religious schools and bath buildings are being subjected to uncontrolled industrialization and encroachment. And the list goes on.

A century ago, protection was also necessary for the art nouveau Pera Palas Hotel. In 1923, when Kemal Ataturk established a republic in what was once part of the Ottoman Empire the Pera Palas was in its heyday. It was truly one of the grand hotels of Europe. Construction started in 1892. The opening was held three years later and since then the hotel has played host to Nobel laureates, the actress Greta Garbo, various kings and queens, dukes and

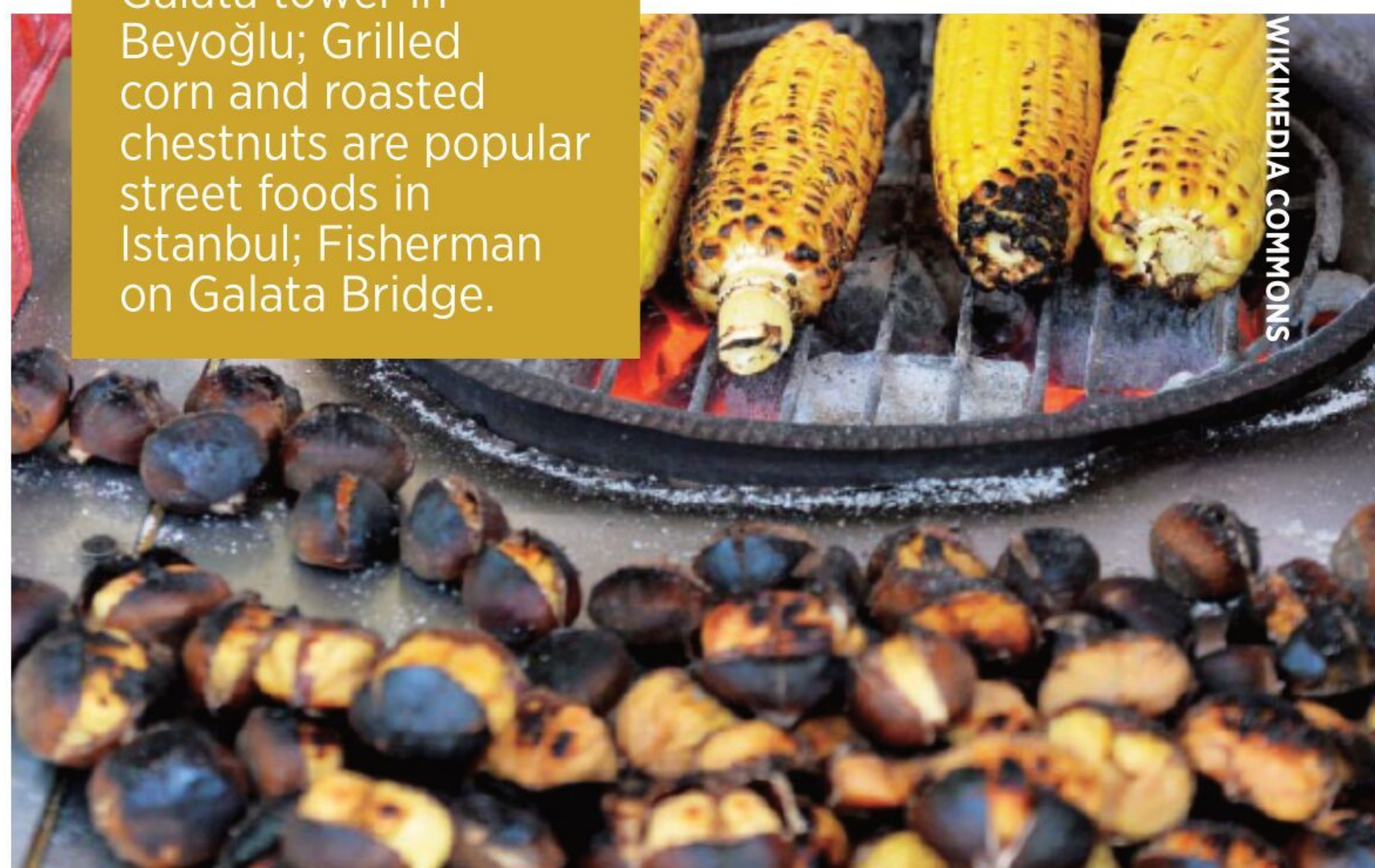


WIKIMEDIA COMMONS



JOAO-MARCELO-MARTINS

**PHOTOS THIS SPREAD
CLOCKWISE FROM TOP LEFT**
Preparing gozleme;
Galata tower in
Beyoğlu; Grilled
corn and roasted
chestnuts are popular
street foods in
Istanbul; Fisherman
on Galata Bridge.



WIKIMEDIA COMMONS

MERİÇ-DAGLI



princesses and rail passengers who took the old Orient-Express from Paris to Istanbul.

The refurbished and renamed Pera Palace Hotel holds the secret to the 11 missing days in the life of Agatha Christie. Her favourite room, 411, is where the key to her diary was found. And the hotel is where this famous writer got the inspiration for her iconic novel, *Murder on the Orient Express*. By the time my father and I stayed there in the 1960s, this stately old dame had become rather faded, like a courtesan past her prime. But we wanted to experience staying in a place so steeped in history.

After riding up in an antique elevator we entered an ornate suite, a suite in a time warp. It was like a series of rooms in a palace, but with faded tapestries and scratched gilt on the furniture. I entered the massive bathroom and started to scream. Dad rushed in and saw a gigantic scorpion crawling up one side of the bathtub. He grabbed a towel and squashed the scaly beast. A scorpion bite in the Middle East can be fatal. We had already witnessed an American woman being rushed to the hospital after being bitten in Ephesus. To this day scorpions are a hazard in all parts of Turkey.

Another hazard the hotel manager warned us about was street crime. He stressed that we should be back in the hotel after dining out and “off the streets” by nine o’clock. We had forgotten and were enjoying a leisurely walk back to the hotel when we noticed that no-one else was out.

Cook
It

TURKEY

SERVES 4

Almond Soup

THIS IS an Ottoman palace recipe dating from 1539 that is still made today.

Almonds $\frac{3}{4}$ cup
blanched and ground

Butter 2 Tbs

All-Purpose Flour
 $\frac{1}{3}$ cup

Whole Milk 1 cup,
warmed

Beef Broth 2 $\frac{1}{2}$ cups

Nutmeg a pinch

Salt and Pepper
to taste

Garnish

Butter 1 tsp

Beef Broth $\frac{1}{4}$ cup

Pomegranate Seeds
a handful

- 1 MELT** the butter in a medium saucepan.
- 2 ADD** the flour and gradually pour in the milk, stirring constantly. Make sure the milk and flour blend very well.
- 3 ADD** the ground almonds, beef broth, nutmeg, salt and pepper. Cook, uncovered, over low heat for 20–15 minutes.
- 4 FOR** the garnish, in another small saucepan, melt the butter and add the beef broth. When it starts bubbling, add a sprinkling of parsley and pour over the soup in the bigger pot.
- 5 SPOON** the soup into bowls, sprinkle with pomegranate seeds and serve while still warm.

Dining in Istanbul is a banquet but selecting a restaurant is difficult because there are so many good ones. For me, Havuzlu Restaurant in the Grand Bazaar is the star attraction for atmosphere as well as Turkish food. Dishes to try include Circassian chicken with pickles and a green salad, ground lamb entrees with such additions as quince, onion and spices, accompanied by rice pilaf and for dessert a delicious pumpkin melange with sugar, lemon, tahini and »

Cook

TURKEY



SERVES 2-4

Zucchini with Garlic, Yogurt & Walnuts

ZUCCHINI IS paired with garlic and other ingredients to make this tasty dish from Aydin, a city on Turkey's Aegean coast.

Zucchini

450 g,
washed and
grated

Extra Virgin Olive Oil

4 Tbs, divided

Sea Salt

¼ tsp

Greek Yogurt

1 cup

Garlic

2 to 3 cloves,
minced

Walnuts

½ cup,
ground

Mayonnaise

1 Tbs

Fresh Dill

3 Tbs, finely
chopped

Aleppo Pepper

½ tsp

- BEFORE** grating, scrape the zucchini from top to bottom on all sides using a vegetable scraper or fork; they should look striped.
- HEAT** 3 tablespoons olive oil in a medium-sized skillet over medium heat. Add grated zucchini and salt, sautéing for 8 to 10 minutes or until the zucchini is cooked and no liquid is left in the skillet. Remove from heat and let cool.
- ONCE** cool, stir in the yogurt, garlic, walnuts, and mayonnaise and mix well. Taste and add more salt, if needed.
- ARRANGE** mixture on a serving platter and top with finely chopped dill.
- MIX** 1 tablespoon olive oil with the Aleppo pepper and drizzle over the top of the zucchini mixture to finish.

Recipe reproduced with permission from *The Turkish Cookbook: Regional Recipes and Stories* by Nur Ilkin and Sheilah Kaufman, Interlink, 2012.

«walnuts. Another memorable restaurant is Pera Antakya in the district of Beyoğlu. On the menu: fried cheese; spinach pancakes; imam bayildi, the roasted eggplant dish that supposedly made a sultan faint; and a sweet selection of delicious desserts starring green walnuts, pomegranates or quince. This restaurant's locum and Turkish coffee is the perfect finishing touch.

Beyoğlu is the city's old European quarter, filled with grey and crumbling art nouveau mansions and classical buildings. It was one of the places we were told to avoid after dark. These days it's a hangout for the bohemian crowd and the beautiful people, with cafes and nightclubs and trendy restaurants occupying formerly run-down or abandoned spaces.

Sightseeing in this fascinating city is spectacular. UNESCO notes that the "Outstanding Universal Value of Istanbul resides in its unique interpretation of architectural masterpieces that reflect the meeting of Europe and Asia over many centuries, and in the incomparable skyline formed by the creative genius of Byzantine and Ottoman architects." The Hagia Sofia, now a museum, is definitely one of the world's greatest buildings. It is unique and combines a longitudinal basilica and a centralized building in a wholly original manner with a huge 32-metre main dome supported by two semidomes, one on either side of the longitudinal axis. Apparently it was the model from which Byzantine architecture developed, but was so unique that no attempt was made to emulate it. It remained the world's largest cathedral for almost a thousand years after it was built.

The original church on the same site is said to have been ordered to be built by Constantine I in 325 on the foundations of a pagan temple. Constantine II, his son, consecrated it in 360. After many fires, the church was restored several times. The church we see today is the result of a restoration in the mid-14th century. To note: for more than a millennium it was the Cathedral of the Ecumenical Patriarchate of Constantinople. Sadly, it was looted by the Venetians and Crusaders on the Fourth Crusade. But visitors marvel at the beautiful mosaics, the elaborately carved cornices and capitals, and the marble columns.

Also of note: fascinating bazaars, old timber housing in the Suleymaniye and Zeyrak quarters, and the Ayasofya Hurrem Sultan Hamman, a public bath house with separate quarters for men and woman. It is located between the Hagia Sofia and the Blue Mosque and dates back to the 16th century. Another site that may still be visited is a sacred spring associated with the Virgin Mary, located near the remains of the former Blachernae Palace.

Constantinople was always a cosmopolitan city, a bridge between Europe and Asia, and a melting pot of many culinary and cultural traditions. Romans, Greeks, Italians, Jews, Muslims, Armenians, Syrians, Macedonians, Turks, all brought the tastes and traditions of their ancestral homelands to the imperial capital on the Bosphorus, leaving their stamp on one of the world's most storied and fascinating cities. 



SERVES 6 AS PART OF A MEZZE

Spoiled Old Daddy *Baba Gannouj*

THIS RECIPE for mashed eggplant was supposedly concocted for the cook's toothless father. It is found in many Middle Eastern countries.

Eggplant
1 large

Olive Oil
1/3 cup

Garlic
2 cloves

Salt 1 tsp,
more to taste

Lemon Juice
1/3 cup

**Parsley
Sprigs**
for garnish

- 1 BAKE** the eggplant until very soft. It is traditionally done over an open fire and acquires a smoky taste. Cool and peel the eggplant and mash the pulp.
- 2 POUND** the garlic with the salt. Mix with 1 teaspoon of the lemon juice until smooth. Add to the eggplant pulp, beat in the remaining lemon juice and add salt to taste.
- 3 PUT** in a serving dish and chill. Just before serving sprinkle with a little oil and garnish with parsley. Good with flat bread, crackers or raw vegetables.



Pera Palace Hotel
www.perapalace.com

Havuzlu Restaurant
www.havuzlurestaurant.com

Pera Antakya
www.peraatakya.com

SUSAN HALLETT is an Ottawa-based writer with a special interest in Eastern and Western Europe, history, travel, food and art.



PHOTOS THIS PAGE FROM
TOP Istanbul street
scene; Baklava;
Istanbul's cats are
a beloved feature
of the city.





Kai: Food stories and recipes from my family table

by Christall Lowe (BATEMAN BOOKS, 2022)

CHRISTALL Lowe is a professional recipe developer, food stylist and photographer. She is also the mother of three and of Māori descent on both sides of her family. *Kai* is her first cookbook.

As you'd expect from an award-winning food photographer, it is a gorgeous book to look at. Moody food shots and images of New Zealand's famously stunning landscape paint a picture of a bucolic lifestyle, blessed with the bounty of land and sea and the company of extended family.

It's a romanticized view of the way in which many Māori families live. Lowe has the good fortune to reside in a scenic region of the North Island, in a town repeatedly named New Zealand's most beautiful.

The majority of New Zealand's indigenous people, dispossessed of their lands and heritage by colonialization, still exist in the lower socioeconomic levels of society and live in less privileged urban environments.

But there has been a resurgence of interest in Māori culture in recent years along with official recognition of indigenous rights. Te Reo Māori is the second official language in New Zealand and many Māori words have crossed over to the vernacular English spoken by New Zealanders. One word every Kiwi knows is *kai* — food.

Before choosing Lowe's book to review, I picked up a copy of *Hia Kai* by Monique Fiso, another recently published book exploring Māori culinary culture. Fiso is one of New Zealand's most acclaimed chefs and has worked in Michelin-star restaurants around the world. Her restaurant in Wellington was named one of TIME Magazine's *100 Greatest Places of 2019*. Fiso takes a deep dive into indigenous ingredients and cooking

methods, reinterpreting them with a modernist culinary sensibility. *Hia Kai* is a beautiful and inspiring book — but not one that would get regular use in most home kitchens.

Lowe's book, on the other hand is about family meals and is filled with recipes written for the home cook. With the exception of a couple that required deep-frying (not my favourite kitchen task) there wasn't one I didn't want to try.

Nine chapters are arranged according to dish type, and there's also an introduction, a section of kitchen notes, and a glossary of Māori terms. Principle among these in the context of this book (after *kai* of course) is *whānau*, meaning family, extended family, or family group. Lowe's book is dedicated to her late brother and grandmother and the tone throughout is one of celebrating family heritage

and the act of feeding the people you love. "Nana" is the source of many recipes in the book that until Lowe decided to record them had never been written down. And unlike Fiso's recipes, they don't involve sophisticated techniques or hard-to-find ingredients.

Lowe strives to feed her family nourishing meals based on fresh healthy ingredients but nothing is off limits. Cream, butter, sugar and other rich ingredients are used in moderation, well balanced by an abundance of vegetables, grains and seafood. The family stories woven throughout the text fall naturally into place and give the recipes a genuinely heartfelt context.

First up in my kitchen, from the chapter *huawhenua* (fruit of the land) *Kamokamo Fritters*, zucchini standing in for the native squash grown in Lowe's granddad's patch. Topped with sour cream, they made a light but satisfying lunch. From the same chapter, I made *Honey-Roasted Yams with Feta Whip*. The yams are the little knobby kind, not always easy to find, so I used one of the suggested alternatives — parsnips. Roasted »





SERVES 2-3

Chilli Coconut Mussels

Green-Lipped Mussels 12, rinsed and cleaned

Butter or Olive Oil 3 Tbs

Onion 1, finely chopped

Garlic 3 cloves, finely sliced

Chilli Flakes 1 tsp

Zest and Juice of 1 Lime or Lemon

White Wine ½ cup

Water ¼ cup

Coconut Milk 1 x 400 ml can

Fresh Coriander 1 small bunch, roughly chopped or torn

- 1 RINSE** and clean the mussels, removing any excess 'beard' and barnacles. Discard any that have broken shells or have open shells that don't close back up when tapped firmly.
- 2 MELT** the butter in a large, deep saucepan or stockpot over a medium heat, and add the onion, garlic and chilli flakes. Cook until soft, but not brown.
- 3 ADD** the lime or lemon zest and juice, wine and water, stir, and bring to a simmer.
- 4 WHEN** simmering, add the whole mussels still in their shells, and pop a lid on the saucepan. This will steam the mussels gently until their shells open, which should take 4-6 minutes.
- 5 ONCE** mussels have opened, remove and discard any that are still clamped shut. Pour the can of coconut milk over the mussels. Stir to combine and heat through. Sprinkle over the chopped coriander.
- 6 SERVE** in large bowls, with warm crusty bread.



SERVES 4 AS A SIDE

Honey-Roasted Yams with Feta Whip

Yams¹ 500 g

Oil 2 Tbs

Runny Honey or Pure Maple Syrup 2 Tbs plus 1 Tbs extra for drizzle

Balsamic Vinegar 1 Tbs plus 1 Tbs extra for drizzle

Chopped Parsley a handful, to garnish

¹ *You may substitute carrots, parsnips or sweet potatoes.*

For The Feta Whip

Feta Cheese 200 g, crumbled

Cream Cheese 250 g, softened or **Greek Yoghurt** 1 cup

Lemon Juice 2 Tbs

Lemon Zest 1 Tbs

- 1 HEAT** the oven to 200°C.
- 2 PLACE** yams in a bowl with oil, honey and balsamic vinegar. Toss to coat the yams and spread into a large roasting dish or baking tray with sides in a single layer.
- 3 ROAST** for 30-40 minutes until golden brown all over, turning twice during cooking. Remove from the roasting dish and spoon any leftover marinade into a small bowl.
- 4 WHILE** the yams are cooking, make the feta whip. Put feta cheese, cream cheese, lemon juice and zest into a medium bowl. Blend together with an electric beater until smooth and creamy. Alternatively, place the ingredients into a blender or food processor and blend until smooth.
- 5 MIX** the extra tablespoons of balsamic vinegar and honey with the marinade reserved from the roasting dish, to create a drizzle.
- 6 SERVE** the yams either with, or over, the feta whip, drizzled with the marinade and sprinkled with chopped parsley.

BOOK REVIEW

Cook
it

MAKES 18

Smoked Fish Bites

Sour Cream1 cup, plus
extra to serve**Smoked Fish**125–150 g,
flaked**Lemon Zest**

1 Tbs

Salt ½ tsp**Cracked
Black Pepper**

½ tsp

**Panko
Crumbs**

2 cups

Eggs 3,
whisked**Neutral Oil**¹
for cooking¹ e.g. Canola
oil or rice
bran oil

NOTE: You can use the sour cream and smoked fish mixture as a dip or spread. Just combine the first five ingredients as per the instructions.

- 1 IN** a medium bowl, combine sour cream, smoked fish, lemon zest, salt and pepper.
- 2 PUT** panko crumbs into a bowl, and whisked egg in another beside it, and at the end of the row an empty plate for the coated fish bites, ready to cook.
- 3 USING** 2 spoons, make a small oval-shaped ball with a tablespoon of the smoked fish mixture, shaping it firmly.
- 4 DROP** the smoked fish ball into the panko crumbs and turn to coat thoroughly.
- 5 THEN** dip the ball into the egg mixture, coating thoroughly, then drop into the panko crumbs again, turning to completely coat. This step is very important as it will create an extra crispy and strong coating, as the inside softens while cooking.
- 6 REPEAT** with the remaining smoked fish mixture, and refrigerate for 15 minutes before cooking.
- 7 WHEN** ready to cook, heat oil in a frying pan over a low to medium heat, ensuring it is about half a centimetre deep throughout the cooking process (top up if necessary). Fry 5 or 6 smoked fish bites at a time, turning often until golden and crispy all around, about 2 minutes.
- 8 SERVE** immediately with extra sour cream for dipping. Break open or bite into each crispy morsel to reveal the soft, creamy and super tasty centre.

«to sticky tenderness and topped with a cool, salty feta cream, the humble root enjoys a diva moment.

From the chapter *kaimoana* (from the sea) *Chilli Coconut Mussels* were simple to prepare — poached in a fragrant wine and citrus broth enriched with coconut milk. Yum. *Smoked Fish Bites* — crispy little nuggets with a creamy filling (that can also be served as dip) were a delight. *Raw Fish*, a ceviche in the style of Tahitian *poisson cru* was a stunner.

From *morēna* (good morning), a chapter devoted to healthy breakfast dishes, *Banana & Tahini Caramel on Toast* packed enough nutrition to carry me past lunch. As a lighter option Lowe suggests serving the rich tahini caramel as dip for apple slices. The match works well.

Hapa (mains) includes *Boil-Up*, a one pot meal of vegetables and meaty bones with doughboys (dumplings) that Lowe describes as “the staple of staples” in many Māori households. There’s also a modified-for-the-oven version of *hāngī*, the pit-cooked meal of meat, vegetables and stuffing that is a hallmark of Māori cuisine. I made the elegantly simple but very tasty *Koro Chee Sticky Pork*, a recipe handed down through Lowe’s family from a Chinese ancestor. I bookmarked *Creamy Lemon Chicken* for a later go-round.

There is a chapter devoted to *reka kai* (cold desserts) and another to *purine mahana* (warm puddings). The latter includes, among other temptations, a gorgeous plum and apple pie, an old fashioned burnt sugar steamed pudding, and *Kūmara Cake* with Orange Toffee Sauce (you’ll find the recipe on page 79 in this issue).

I finished up with *Chocolate Chip Almond Cookies* from *hua parāoa* (baking & sweet treats). These were chewy, not too sweet and as promised “seriously good.” There’s also a yoghurt cake drenched in grapefruit syrup in this chapter that I can’t wait to try.

Overall, Lowe impresses with well tested and clearly written recipes that deliver accurate results. But *Kai* is more than just a collection of dishes for the home cook, it is a beautiful work of photojournalism that invites readers to share in the rituals and spiritual connections with food that lie at the heart of Māori family life and culture. One to both learn from and eat from with pleasure. **T&T**

JANET BOILEAU is the publisher of
TASTE&TRAVEL magazine.

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ON THE BOOKSHELF

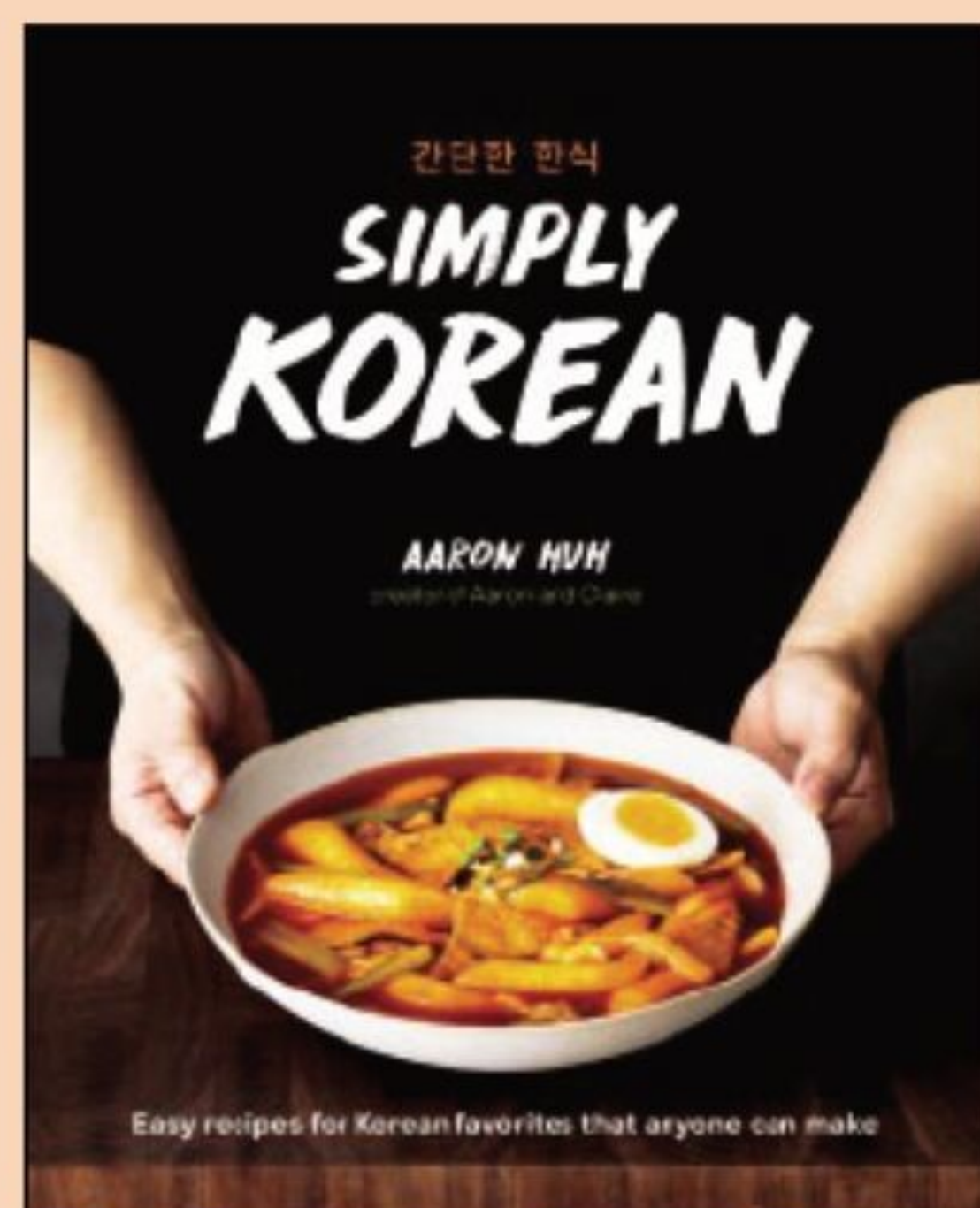


The TASTE&TRAVEL library contains books, old and new, that we use to cook and read our way around the world. Here are some recent additions.



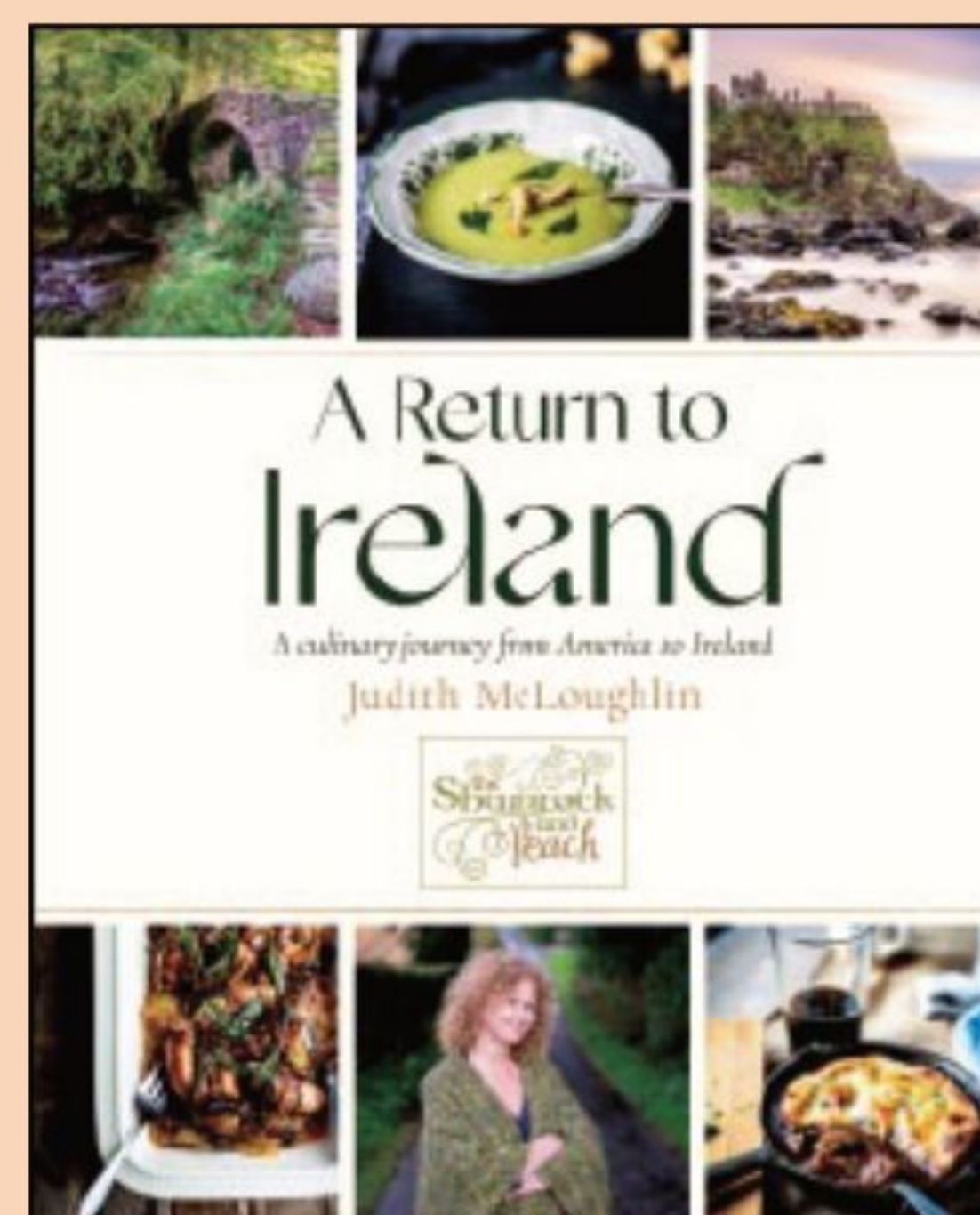
Is This a Cookbook?
by Heston Blumenthal
(Bloomsbury, 2022)

Well, sort of. The wunderkind of British gastronomy takes us down a quirky road, with ruminations, recipes and line drawings. Plenty of solid culinary science for cooks who want to hone technique.



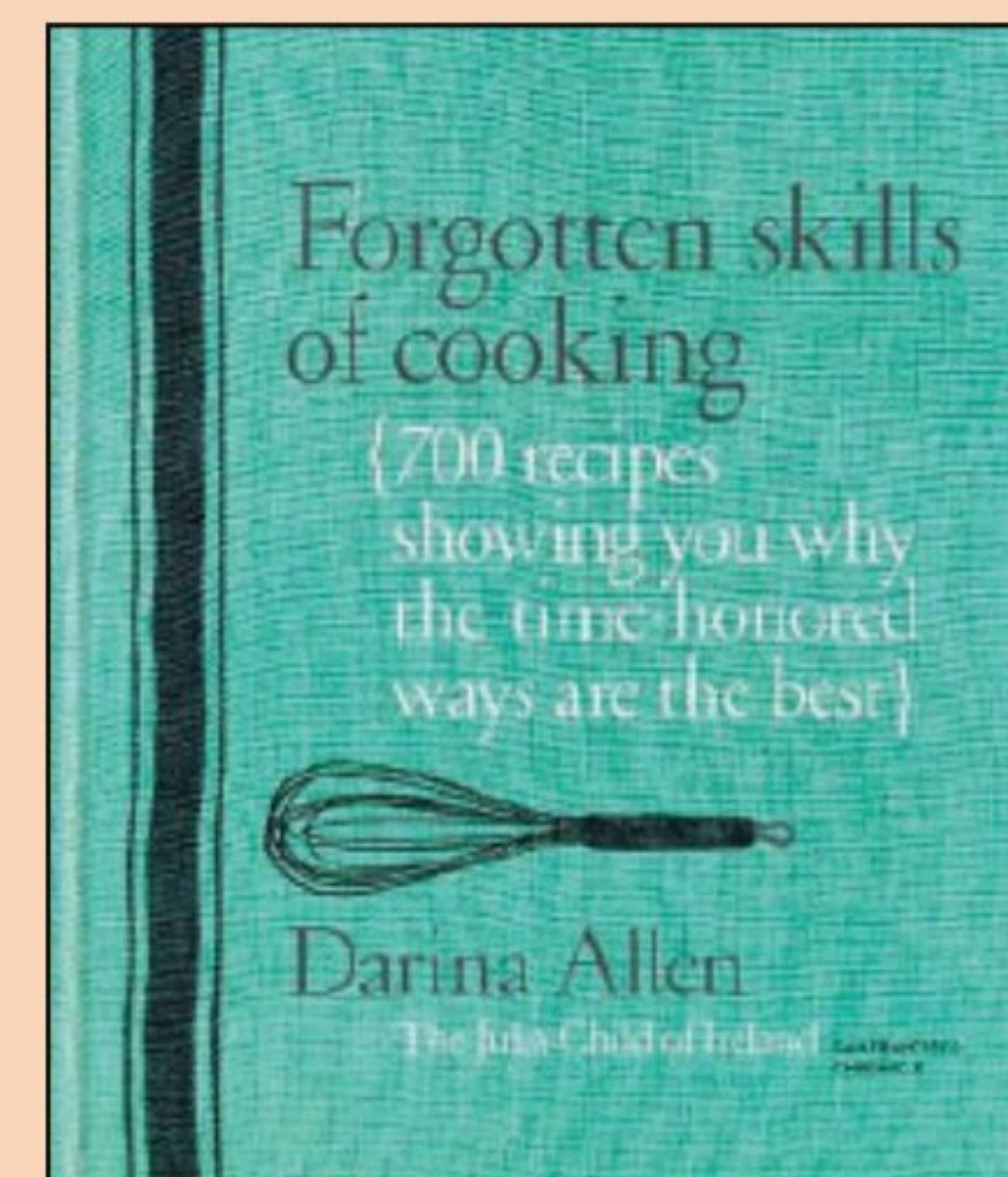
Simply Korean by
Aaron Huh (Alpha, 2022)

Creator of the Youtube channel Aaron and Claire, Huh shows us how to cook popular Korean dishes, using readily available ingredients and streamlined techniques. From bibimbap and bulgogi to kimchi and crunchy fried chicken, it all comes together with paint-by-numbers ease.



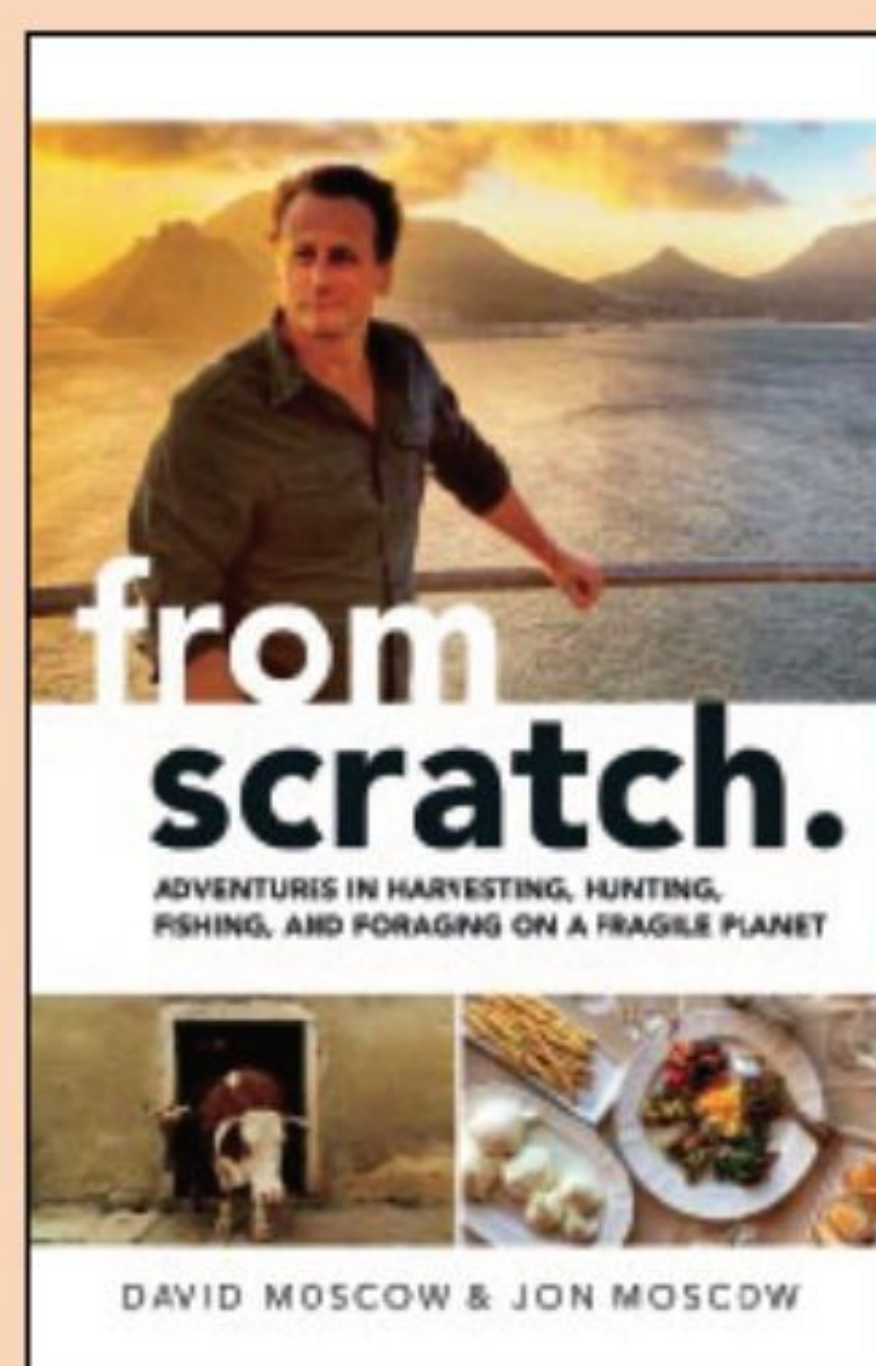
A Return to Ireland
by Judith (McLoughlin
Hatherleigh, 2023)

From County Armagh to Atlanta, Georgia, this fresh and lively collection of mouthwatering Irish-American recipes includes nostalgic stories of a culinary journey through two cultures. Oaty Apple Crumble with Pouring Cream? Yes please.



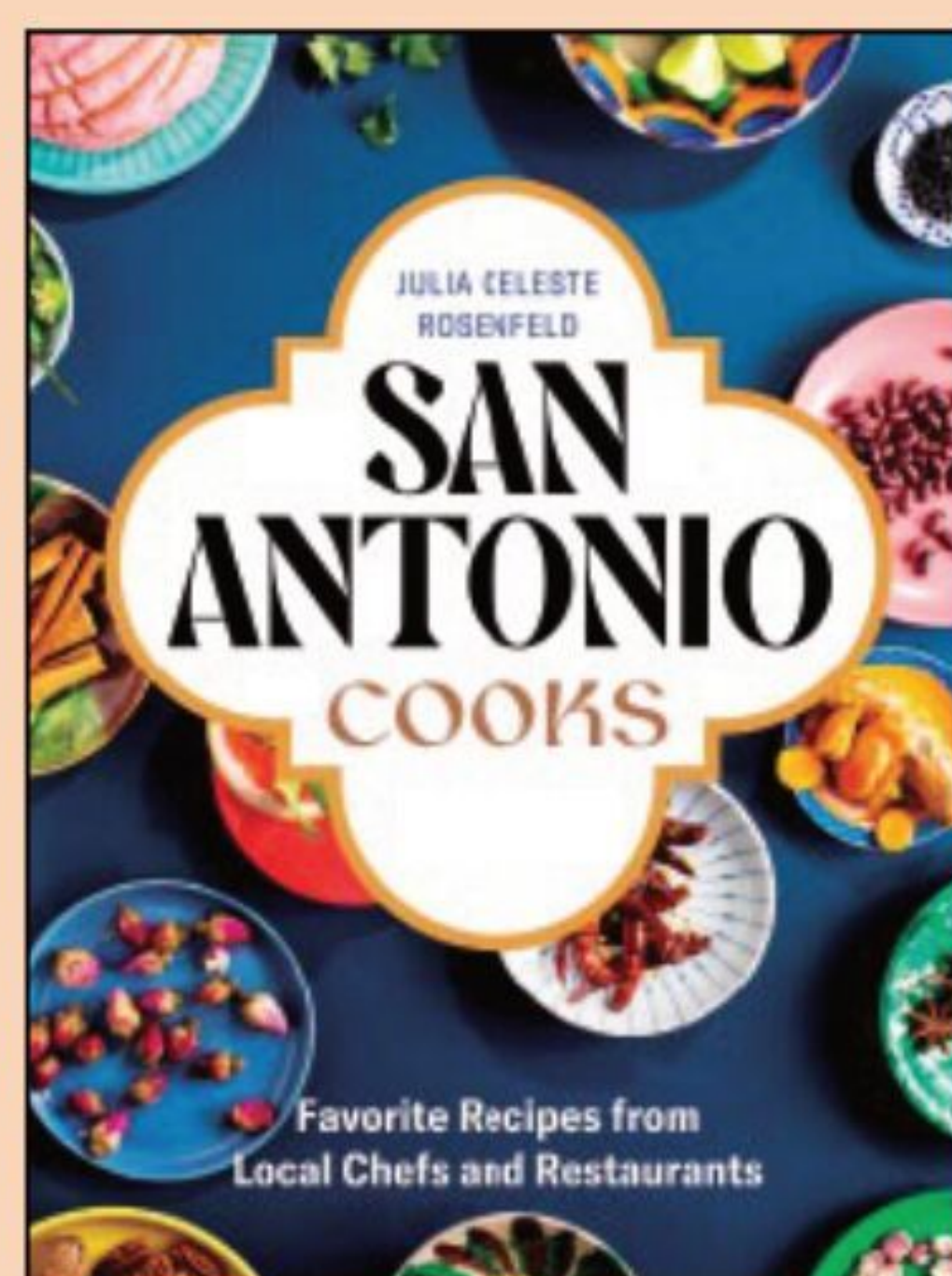
Forgotten Skills of Cooking by Darina Allen
(Octopus, 2022)

A welcome re-issue of an essential kitchen handbook from the Julia Child of Irish cooking. With particular relevance in our current times when many people are taking self-sufficiency to heart and farm-to-table is the preferred way to eat. Sourdough, foraging, preserving, keeping hens, it's all here.



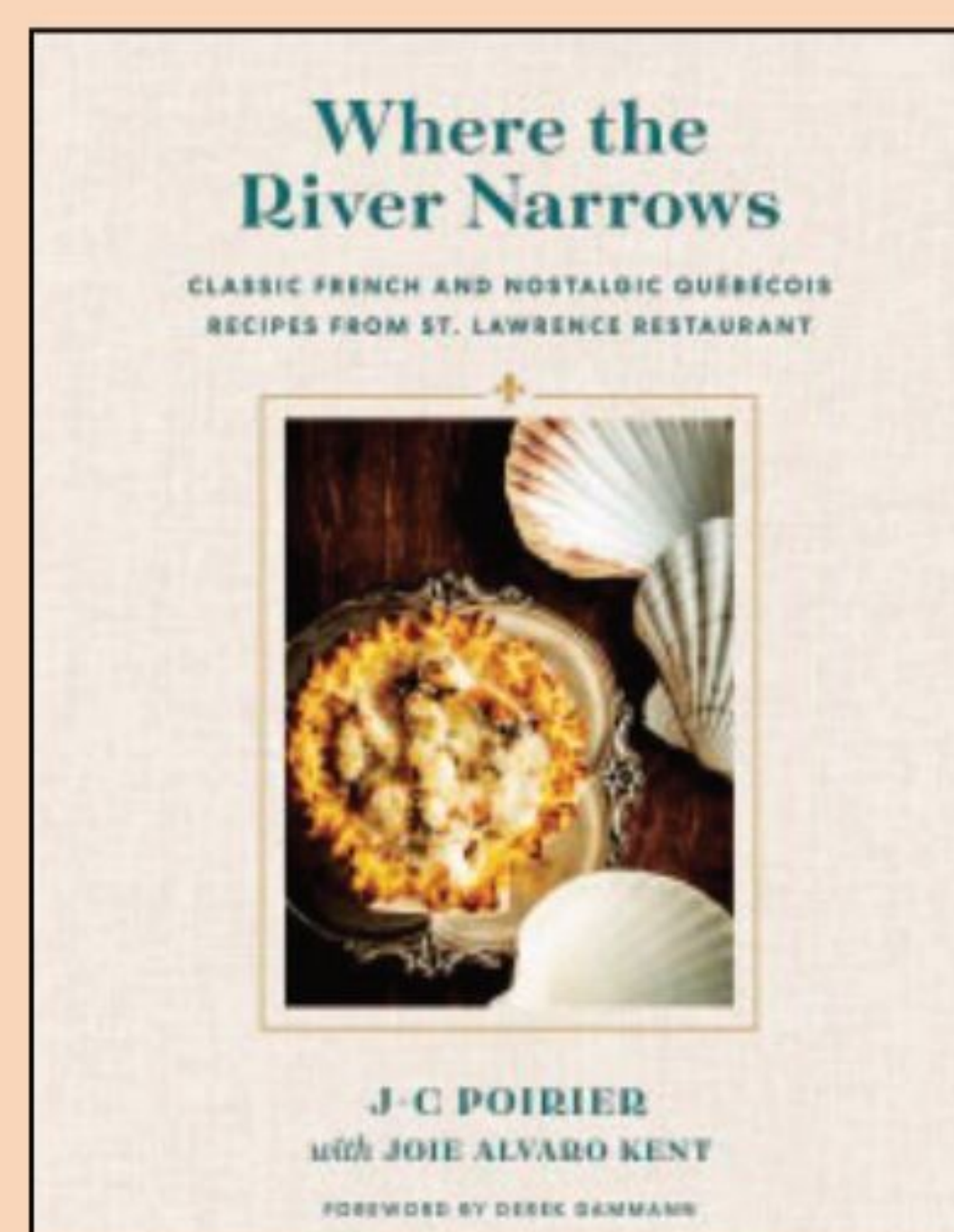
From Scratch by David
Moscow and Jon Moscow
(Permuted, 2022)

The book from the TV series by the same name, tracing the complex story of how food gets to our plate, tackling big global issues in an approachable, informative way. Essential reading but also an extraordinary, entertaining and exciting travelogue.



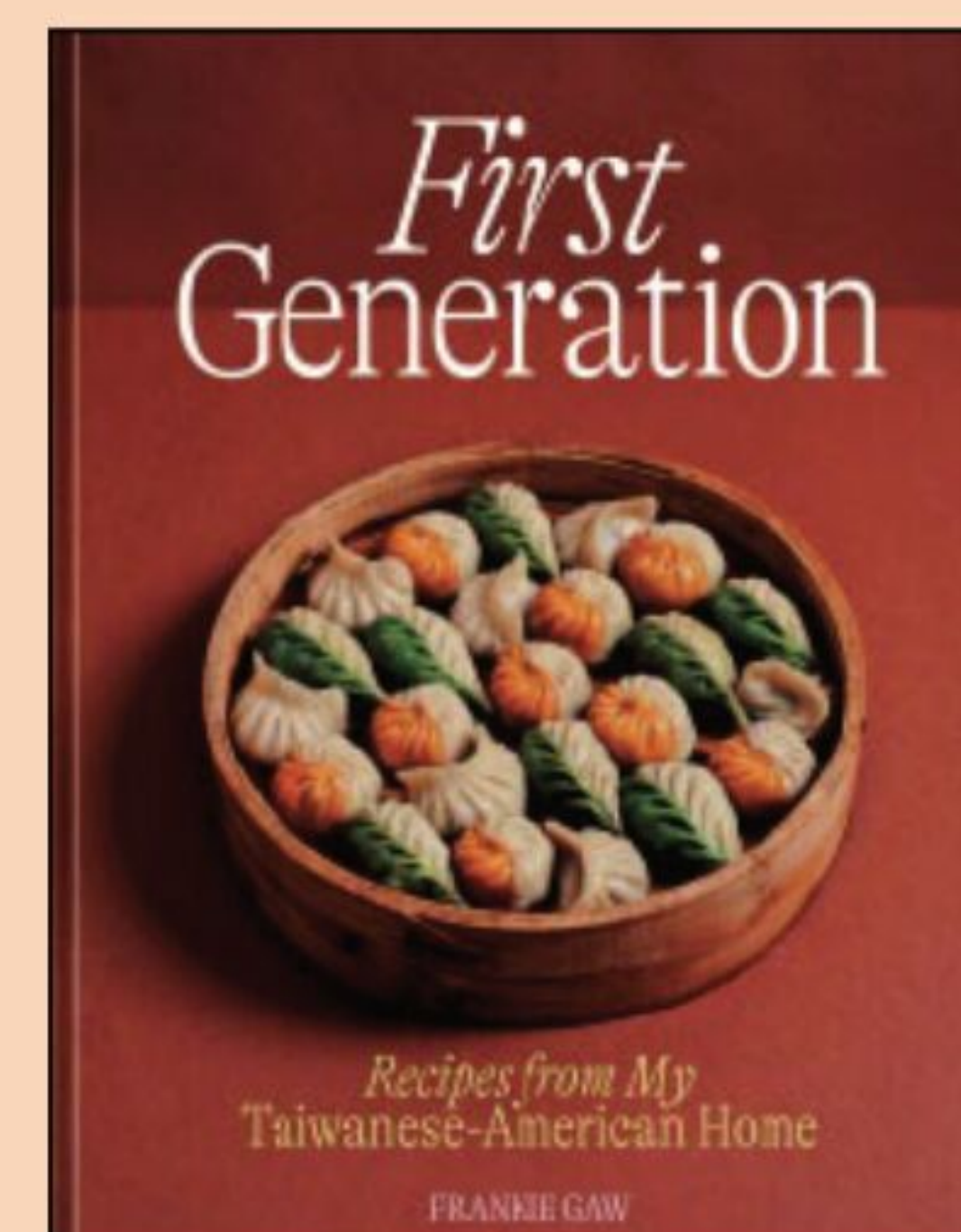
San Antonio Cooks by
Julia Celeste Rosenfeld
(Figure 1, 2022)

Another gorgeous book in Figure 1's series of restaurant guide/cookbooks from major food cities across North America. The latest spotlight falls upon the creative chefs in one of the hottest food destinations in Texas. Inspiring to read and fun to cook from.



Where the River Narrows by J-C Poirier
(Appetite, 2022)

A special treat from the acclaimed St Lawrence Restaurant, home to one of Canada's most respected chefs. Returning to his roots and the foods of his beloved home province with classic French recipes and nostalgic Québécois dishes.



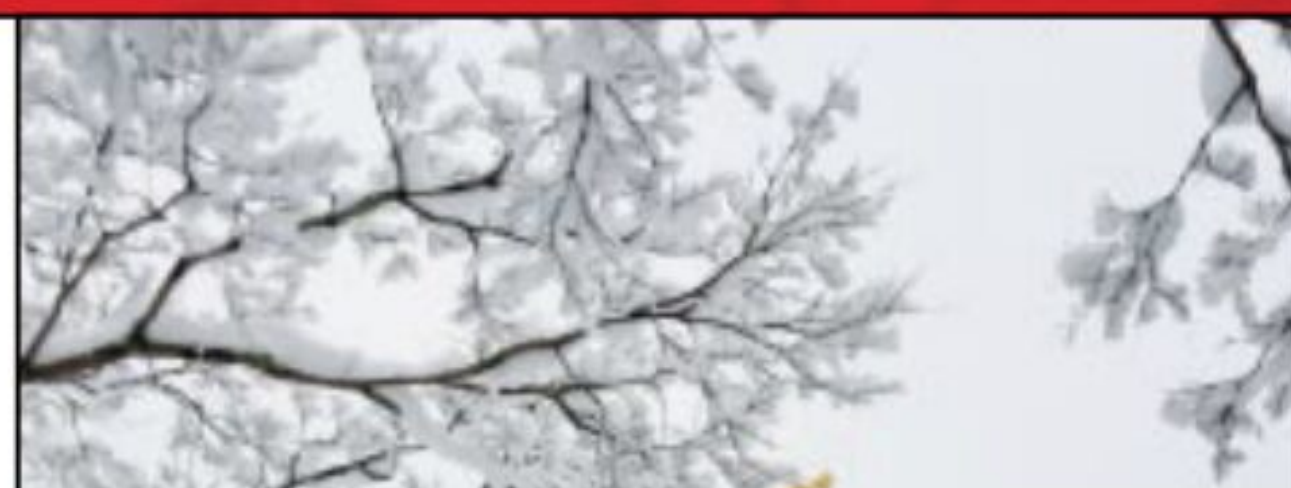
First Generation
by Frankie Gaw (Ten
Speed, 2022)

Following on from the success of his award-winning blog Little Fat Boy, Gaw uses photos and drawings to great effect to breeze through authentic Taiwanese classics and brings a multicultural perspective to the table.

In the Seasonal **JAPANESE KITCHEN**

by ELIZABETH ANDOH

Seasonal Pleasures
Winter



KEENLY ATTUNED to the cyclical rhythms of nature, the Japanese express 'seasonal sensibility' with the word *kisetsukan*. It permeates many aspects of their culture, though it is especially evident in the kitchen and at table. In the seasonal Japanese kitchen the choice of what to serve, and how to present it, is intimately linked to nature and embellished by cultural nuance.

Foods at their seasonal peak of flavour, referred to as *shun* (pronounced 'shoe-un') in Japanese, are featured on formal and casual menus alike. Sometimes, an entire meal is planned around *shun*. In the spring, as tender bamboo buds begin to push their way through the earth, Japanese culinary celebration takes the form of *Takénoko-Zukushi*: Glorious Bamboo Banquets in which the shoots are prepared in a multitude of ways. Serving them alongside each other in the same meal accentuates subtle nuances of flavour and texture and provides the chef with an opportunity to showcase his or her ability to coax the most from nature's provisions.

Tasty previews of the season to come are referred to as *hashiri*. Typically tucked into some larger arrangement, *hashiri* is culinary anticipation. As summer draws to an end it might be a few slender slivers of hand-shredded *matsutaké* mushrooms lending their autumnal, piney scent to meaty chunks of *hamo eel*, a summer delicacy. The mushrooms are outrageously expensive under any circumstances — they must be foraged since they defy cultivation — but *matsutaké* would be especially treasured on the first cool evening late in August.

Nagori, 'lingering pleasures,' describes the need to savour some adored food just one more time before it disappears from table for a full year. For me, it might be an over-ripe persimmon snatched from a snow-laden branch, flesh spooned from its squishy-soft shell, sieved and mixed with pungent *miso*, that I would serve over steaming chunks of winter *daikon*.

Join me in celebrating the cyclical, seasonal pleasures that nature provides...



季節感
kisetsukan

旬
shun

走り
hashiri

名残
nagori

ELIZABETH ANDOH was *Gourmet's* Japanese correspondent for more than 30 years and is an international authority on Japanese cuisine and culture. She is the director of *A Taste of Culture*, a culinary program based in Tokyo and Osaka.



2024 is Tatsu-Doshi

龍年・辰年・竜年

The Year of the Dragon

LIKE MOST ASIAN CULTURES, Japan's calendar is linked to a 12-year rotation of animal signs: 2024 is the Year of the Dragon. In European-based civilizations dragons are often portrayed as aggressive and combatant though in Asian folklore dragons are associated with positive power, strength and good luck. In Japan, written references to dragon mythology date back to the 8th century. In the *Kojiki* (Record of Ancient Matters) and *Nihon Shoki* (Chronicles of Japan) and subsequent works, several different dragon calligraphy appear: the traditional *kyūjitai* or 'old character form' (left, above), the simplified and newer *shinjitai* version (right, above), and the calligraphy in the centre (above) that means 'orderliness' or 'preparedness.' Today, all are used when designing *nengajō* greeting cards.

The custom of mailing hand-written New Year greeting cards persists in Japan despite the advent of e-mail in recent years. Originally greetings were delivered in person in conjunction with *oseibo* (year-end) gift giving. Then, in 1873 the post office issued its first *nengajō* postcard. By the end of the 19th century, the post office guaranteed delivery on January 1st to all those who posted their cards by the third week in December — a promise they still keep. Truly impressive when you consider

that nearly 4 billion cards were processed by the Japanese postal service last year — all delivered on the first day of January.

Since 1949, the Japanese post office has been managing a New Year lottery. Numbers are printed on each of the cards the post office sells and the winning numbers are announced in mid-January. If you live in Japan and receive *nengajō* from friends or colleagues, save them and bring them to your local post office. You could be the proud winner of a parcel of regional food delicacies (a few years ago I won tasty, air-dried fish from Hokkaido) or special edition stamps (I usually win some of these every year).

When a parent, spouse or sibling passes away, the family sends a different sort of year-end message to those on their mailing list. Called *mochū*, these cards rimmed in black or silver alert recipients to the sender's state of bereavement. Traditionally those in mourning refrained from certain social interactions, among them the exchange of felicitous greetings. This year, after the March 11th Great Eastern-Japan Earthquake-Disaster (*Higashi Nihon Dai-Shinsai*), Japan as a nation grieves. Even in households that did not suffer a direct loss, people are reluctant to use standard auspicious greetings. Instead, messages on most cards this year read: *kibō* (hope) or *nozomi* (aspiration), focusing on messages of healing, recovery and renewal.

Shō Chiku Bai

(Pine Bamboo Plum)

松竹梅

THOSE WHO FREQUENT JAPANESE RESTAURANTS will be familiar with *shō chiku bai* as a pricing guide: pine (*shō*, or its alternate reading *matsu*) is always the top-of-the-line special, bamboo (*chiku*, or its alternate reading *také*) the mid-range, and plum (*bai*, or its alternate reading *umé*) the least costly item on the menu. Quaint convention. No doubt calling the cheapest dinner 'plum blossom' sounds nicer than the descriptive *nami* ('ordinary'), though just how, and when, this practice of euphemistic naming began is not entirely clear.

Why is pine ranked at top, and plum at the bottom? Again, there is no definitive explanation, though the linguistic ease of pronouncing *shō* (pine) first followed by *chiku* (bamboo) and

then *bai* (plum) may be a contributing factor. That, and the chronology of historic precedence likely plays a part in the pecking order — pine has appeared as an auspicious motif in many Japanese works of art and literature since the Heian period (794–1185 AD), bamboo since the Muromachi (1392–1568 AD) and plum, the relative newcomer, since the Edo period (1603–1868 AD).

Evergreen pine connotes unwavering strength, bamboo suggests both power and flexibility, while plum blossoms, unfurling on snow-laden branches, imply hardness. Combined, they are known as *saikan sanyū* or the 'Three Friends of Winter.' This trio is emblematic of Japanese New Year holidays.

Otoso

SPICED SAKÉ: STARTING THE NEW YEAR IN GOOD HEALTH

お屠蘇

IN MOST HOUSEHOLDS THROUGHOUT JAPAN, New Year's Day or *Gan Jitsu* begins with a formal greeting and a sip of specially spiced *saké*. The greeting (see sidebar) acknowledges favours gratefully received in the past year and asks for continued good favour. The spiced *saké* is called *otoso*, an aromatic herbal cocktail with a curious name: the honorific 'o' is followed by 'slaughter,' and then 'restore.' Bad germs and viruses are slaughtered permitting health to be restored. An honourable tonic, indeed!

Herbal medicine has been practiced for thousands of years in Asia and this particular wintertime brew is thought to have come to Japan by way of China and Korea. The original recipe made use of rather rare and esoteric bulbs, bark, roots, shoots and flowering grasses that were dried and pulverized. In Japan, most bottles of *nigori-zaké* (unfiltered, creamy *saké*) and *mirin* (a syrupy *saké* brewed from sweet rice) sold late in December for the holidays

come packaged with teabag-like packets of *otoso* attached.

For those who wish to imbibe in good health, try infusing a sweet *saké* or *mirin* with a mixture of medicinal aromatics. It is best to make this infusion by slow steeping, without applying heat. Stack several layers of cheesecloth (cut to about 4 inches square) and lay them on a dry, flat work surface. Place a combination of **crushed cinnamon bark, ground cloves, cracked black pepper, dried bits of orange peel, dried licorice and crushed fennel seeds** in the centre of the cheesecloth. Lift all four edges of your cheesecloth and bring them up to meet in the centre. Tie with string to make a sachet-like packet. Place the packet in a glass carafe filled with *saké* or *mirin* for at least 8 hours, preferably overnight, or longer. Transfer the infused *otoso* to a small pitcher from which the host, or head of the household, can serve guests thimble-sized portions in *ochokko* cups. *KAMPAI* (Cheers!).



GWAAR

Greetings for the New Year

明けましておめでとうございます

Akémashité Omédeto Gozaimasu

Congratulations on bright beginnings (Happy New Year)

去年は色々とお世話になりました

Kyonen Wa Iroiro To Oséwa Ni Narimashita

I was in your debt/much obliged to you last year...

今年も宜しく

Kotoshi Mo Yoroshiku

Please keep looking after my interests this year...



Sai Kan San Yū Nishimé

(Three Friends of Winter Stew)

SERVES 4-6

THIS HARDY SOY-STEWEED CHICKEN DISH cleverly incorporates all three winter friends in edible form: slices of tender-boiled bamboo shoots, carrots carved and bevelled to resemble plum blossoms, and slender green beans fashioned into pine needles. Slow-cooked dishes such as this one that gradually deepen in flavour as they simmer are known as *nishimé*. Served at room temperature as part of Japanese holiday *osechi* fare, I call my version the Three Friends of Winter Stew. It makes a great addition to any holiday buffet table and can be served warm, if you prefer.

Cut **12 ounces chicken** into bite-sized pieces, about ½ inch chunks. Dark meat is juicier than breast meat; keeping the skin intact will boost flavour. In a bowl, mix **2 tablespoons saké** (rice wine) with **2 tablespoons cornstarch** and toss the chicken in this marinade, letting sit for at least 30 minutes (and up to 2 hours, refrigerated).

If you can find freshly boiled vacuum-sealed **bamboo shoots**, they will be far superior in flavour and texture to canned ones. You will need one whole shoot or several large chunks, **about 6 ounces** total. Drain the bamboo shoot of any packing liquid. If using a whole shoot, slice it in half lengthwise. If there is any chalky or gritty material lodged between the ladder-like layers, remove it with a toothpick. This is calcification (similar to plaque that accumulates on our teeth) and is unpleasant, but not harmful. Cut the shoot into comb-shaped slices or wedges, about ¼ inch thick and 1 inch long.

Remove a loaf of **konnyaku** (tuber aspic), **about 7 oz.**, from its package, draining it well and discarding the packing liquid. Lightly score the surface of the *konnyaku* with finely spaced, parallel shallow cuts; repeat at an angle to create crosshatching. Flip the



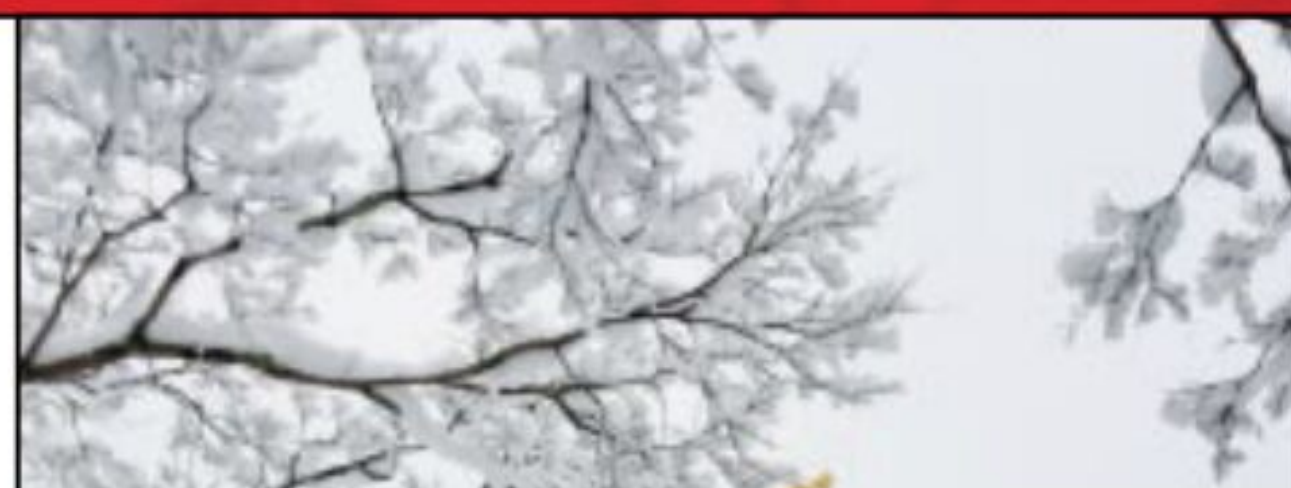
歳寒三友煮染め

loaf over and repeat the crosshatching on the other side. This design permits the *konnyaku* to absorb more of the flavourful braising liquid as it stews. Slice the loaf into 4 strips, lengthwise, then across 5 or 6 times to make bite-sized cubes.

Trim away the tops of **a dozen** (or more) tender, **slender green beans** (often sold as *haricots verts*). If the beans are longer than 1 and ½ inches, cut them in half. Bring a small saucepan of water to a rolling boil and blanch the green beans for 2 minutes before scooping them out of the pan (keep the water in the pan to use later). While still steaming hot, carefully place the beans on a cutting board and with the tip of your knife, slit each lengthwise leaving about ¼ inch intact at top. Open the slits enough to allow the beans to straddle the side of a bowl or colander; letting them fully cool in that position. With scissors, cut narrow (⅛ inch), 1 inch strips from **a sheet of nori** (laver). Each green bean will need a single strip. Wind the *nori* around the (intact) tops of the green beans. The moisture of the bean will probably be sufficient to get the *nori* to stick; if not, use a fingertip moistened in water. Let the *nori* dry in place — it will shrink slightly, tightening the band. Trim so that the band of *nori* is flush with the top of the green bean. Set aside these 'pine needles' to garnish the final dish.

Cut **several fat carrots** into ¼ inch thick rounds; you will want at least 2 or 3 per serving. If you have a decorative cutter, stamp out plum shapes before beveling them (see the sidebar). Bring the water in your saucepan to a rolling boil and blanch the carrots for one minute before scooping them out of the pan and setting aside. Do NOT refresh in cold water; let them cool naturally.

Add the scored *konnyaku* cubes to the boiling water and blanch for one minute. Drain and set aside; do NOT refresh in cold water.



Blanching will help leach out unwanted odour and make the *konnyaku* more porous, ready to absorb flavourful seasonings while simmering in the pot.

Place a large skillet or wok, preferably one that has a non-stick surface, over high heat. Toss in the *konnyaku* and stir-fry with brisk motions to throw-off any residual moisture. The *konnyaku* will make a squeaky noise when dry. Add $\frac{1}{2}$ **teaspoon aromatic sesame oil** to the skillet from the outer edge letting it drizzle towards the centre. Stir-fry the *konnyaku* in the oil for 30 seconds — the pieces may appear slightly foamy at the edges. Push the *konnyaku* to one side of your skillet, making room for the chicken. Add the chicken with whatever marinade clings to it.

Allow the chicken to sear, undisturbed, for about 1 minute or until a crust forms on the surface in contact with the skillet. Shake the pan vigorously, scraping with a broad spatula if need be, to release the chicken from the skillet. Toss to combine chicken and *konnyaku*.

Add the bamboo shoots. Stir-fry for 30 seconds before adding $\frac{1}{2}$ **cup Dashi** (Basic Sea Stock), **1 tablespoon saké**, and **1 tablespoon sugar**. Lower the heat to maintain a steady, but gentle, simmer. Cook, preferably using an *otoshi-buta* (dropped lid), for 8 to 10 minutes. Add the **blanched carrots** and $\frac{1}{4}$ **cup more stock**. Replace the dropped lid and continue to simmer until the liquid is nearly gone and the vegetables are tender (a toothpick should meet little resistance), about 3 or 4 minutes.

Remove the dropped lid. Add **2 tablespoons soy sauce** from the outer edge letting it drizzle towards the centre of the skillet. Lightly toss the chicken and vegetables with a spatula to insure even distribution of seasonings. Replace the dropped lid and continue to cook for 1 minute or until the chicken and vegetables appear well glazed. Remove the pan from the stove, allowing contents to cool with the lid in place. It is in this cooling down period that the flavours meld and enhance each other. If you want to serve this dish warm, you can re-heat it briefly. Refrigerate for long-term storage (about 3 days).

Serve family style mounded in a shallow bowl with a serving spoon, or divide into 4 to 6 individual portions being sure to have several pieces of each of the vegetables in every portion. Arrange the chicken, *konnyaku* and bamboo shoots in a seemingly random manner, scattering plum blossom carrots and green bean pine needles on top just before serving.

NOTE: A purely vegetarian version of this dish can be made with **cubes of fried tofu** (*atsu agé*) instead of chicken. Cut the *atsu agé* into $\frac{1}{2}$ inch cubes and blanch them (do NOT refresh in cold water), discarding the greasy hot water. *Atsu agé* does not require any marinade. Use kelp broth (kombu dashi) in lieu of standard fish-based sea stock.



1



2



3

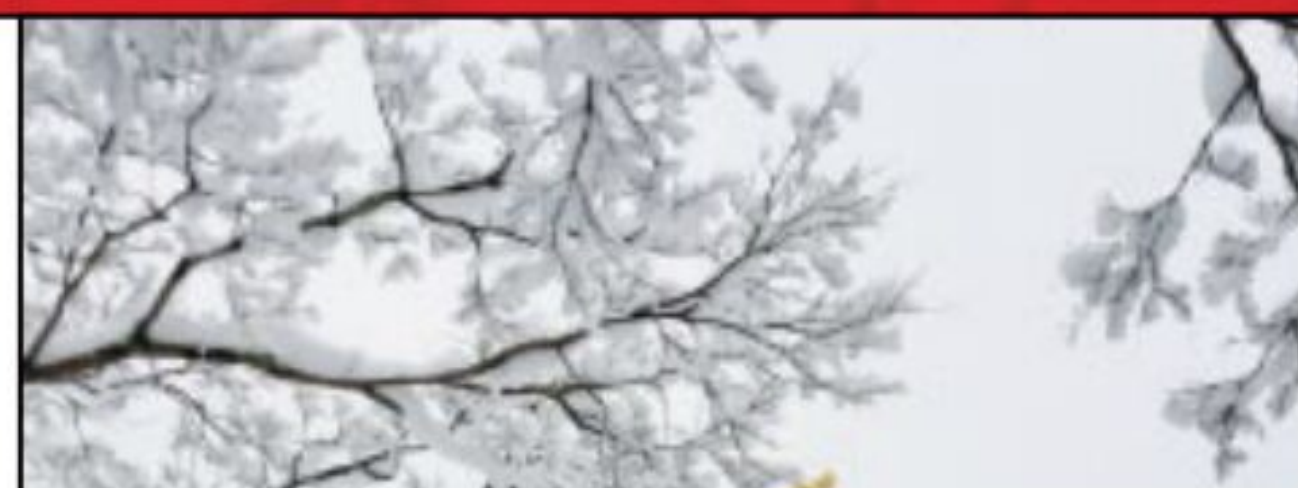
CARVING CARROTS TO MAKE PLUM BLOSSOMS

THE JAPANESE USE A VARIETY OF DECORATIVE CUTTERS to help shape vegetables into seasonal motifs. Many Asian groceries outside Japan will sell these. Look at the photo. Note the plum blossom cutter in front has petals that are round, not notched. Cherry blossom petals, though, are notched. In the photo, a chrysanthemum cutter is at back. Slice carrots into $\frac{1}{4}$ inch thick circles. Use the decorative plum blossom cutter to stamp out flower shapes (the surrounding rings of carrot can be used in other recipes).

The appearance of the plum blossom is greatly enhanced by bevelling. Place the base of your knife blade between two of the petals and apply pressure to slice shallowly toward the centre of the flower. Repeat this to make slits between each of the five petals. Hold your knife at a slight angle and shave off a thin sliver from each petal. Repeat to bevel all five petals.



GWAAR



Ozōni

(Honourable Miscellany Stew)

お雑煮



AFTER EXCHANGING GREETINGS and sipping spiced *saké* it is time for *ozōni*, a satisfying stick-to-your-ribs rice taffy stew that is served for brunch on *Gan Jitsu* (New Year's Day) and on many chilly winter mornings thereafter. The name of the dish is rather straightforward and descriptive: the 'o' is an honorific applied to many valued things while the *zō* means 'miscellaneous' and *ni* is 'to stew or simmer,' which is the method used to make the dish. Each region in Japan has its own style; each household its own version, highlighting the local foodstuffs. Despite the diversity of ingredients three elements are common to all versions:

お餅

omochi (rice taffy)

汁

shiru (broth)

土産物

tosan butsu (local delicacies)

Each of these three elements can be prepared and presented in several different ways. The key variables are:

- Round, hand-shaped and boiled vs. rolled sheets cut into squares and toasted for rice taffy. The rounds are squishy-soft and lose their shape when boiled; the cut squares brown slightly, puff and split to reveal gooey-soft centres (think roasted marshmallows).
- Broth can be either *miso*-enriched OR clear (what the Japanese call *osumashi*). Clear soups can be made with standard *dashi* (from kelp and smoky bonito flakes), OR made with dried scallops (or other fish or seafood), OR chicken-enriched stock. Vegan versions are made from kelp and dried *shiitake* mushrooms.
- Local delicacies sourced from both land and sea — vegetables and fish, fowl, sea creatures — can be poached, grilled and simmered or kept fresh (aromatic citrus zest is a favorite garnish).

Anyway it's made, *ozōni* is a great way to start the year!





七草粥

Nana Kusa-Gayu

(Rice Porridge with Seven Herbs)

SERVES 4

TECHNICALLY SPEAKING, the word *okayu* connotes porridge made from raw rice cooked with about three times the amount of water normally used to cook plain rice. *Ozosui* is the correct term for cooked rice that is rinsed and then simmered in a flavoured broth. This recipe, like most homemaker versions of *okayu*, uses leftover rice... and after the New Year celebrations, leftover *omochi* rice taffy. By the way, any blue-coloured mould that may appear on your rice taffy is related to penicillin (indeed they were cultivated and used centuries ago in Japan to limit infection in open wounds!) Unless you have allergies that counter-indicate consumption of related antibiotics, the mouldy *omochi* can be used as is.

This porridge can be as thick as oatmeal or as thin as a puréed soup. If you like your porridge stick-to-your-ribs thick and creamy, place **2 cups cooked rice** (leftovers are perfect) in a 2-quart pot and add **2 cups dashi sea stock or water**. If you prefer a thinner rice gruel, rinse your cooked rice (place rice in a fine mesh strainer and shower with cold water) BEFORE adding it to the pot. Stir with a wooden spoon to break up any clumps of rice.

Cook over low heat, stirring frequently, until the grains of rice swell and begin to lose their shape, about 5 minutes. Add **1 and ½ cups more stock or water**; stir to incorporate. Add **4 pieces omochi** rice taffy and continue to simmer several minutes over very low heat until the rice taffy becomes soft and stretchy. Season the soup with a scant ¼ **teaspoon salt** and continue to cook, stirring occasionally.

Tops from turnips, radishes, or other dark, leafy greens such as kale or watercress will taste similar to the Japanese *nana kusa* greens and have a similar nutritional profile. These greens can be a bit tough and fibrous and the leaves much larger than their Japanese counterparts. You may want to briefly wilt, blanch or parboil your greens in boiling water first, then drain and chop them coarsely before adding to your porridge. Stir to distribute, cook for one minute, and taste. Adjust with a pinch more salt, if wanted.

Serve piping hot in individual deep bowls. Eat with a spoon and/or chopsticks.



PHOTOS THIS SPREAD
Summer savory
in bloom,
Satyr statue.

SAVORY

WIKIMEDIA COMMONS

Savory SUMMER Savory

by SUSAN HALLETT



PLINY THE ELDER, the Roman philosopher, naturalist and natural philosopher, named this annual herb, giving it a nomenclature derived from the word 'satyr', that strange mythological beast which in Rome was represented as a man with goat's ears, tail, legs and hair. Supposedly, this plant is not only aromatic but also has aphrodisiac qualities.

Satureja hortensis was the actual Roman name Pliny used for this bushy garden herb. This name carries on to the present day as the herb's Latin name, used to classify it as a member of the Labiatae/Lamiaceae family. The common name is summer savory; in French it is *sarriette*.

Native to the Mediterranean region, savory brings to mind the scent of thyme which I was fortunate enough to smell drifting in breezes on the Greek island of Amorgos. It has been introduced in many areas as its use as a seasoning herb is essential to many dishes; for example it is a classic choice in green bean salads, in horseradish sauce and lentil soup. I tried it with devilled eggs and it definitely made an old-fashioned appetizer or "savoury" more savoury. Fatty fish also benefit from a touch of savory as does roast pork. French dressings and potatoes, with a light dusting of summer savory are other dishes to try with this herb, and it was popular in Greece and Rome as a tasteful addition to sauces.

Winter savory (*S. montana*), found growing wild in southern Europe and northern Africa, was introduced to Britain in the Middle Ages as a culinary herb. The leaves of this resinous perennial evergreen shrub are often added to stews, stuffings and meat loaves, according to my old *Joy of Cooking*. It is often found



MAKES 9 SCONES

Cheese Scones with Fresh Herbs

USE SAVORY and any other tender herbs at hand to flavour these easy and versatile little breads.

All-Purpose Flour
2 cups

Baking Powder
2 ½ tsp

Dry Mustard
½ tsp

Salt ½ tsp

Cold Butter
¼ cup, cubed

Cheddar Cheese
100 g, grated

Fresh Mixed Herbs
chopped,
½ cup

Cold Milk
⅔ cup

Egg
1 large

1 PREHEAT the oven to 450°F.

2 SIFT the flour, baking powder, salt and dry mustard into a large mixing bowl. Using your fingers, rub the butter into the flour until the butter pieces are about the size of peas.

3 USING a knife, stir in the grated cheese and chopped herbs.

4 WHISK the egg into the milk and then add the bowl and mix with your knife just until the dough starts to clump together. Don't overwork the dough. Dump it onto a floured board and pat out into a fat square, about 10 inches across. Cut the square into thirds vertically and horizontally, to make 9 pieces.

5 PLACE on a floured baking sheet and bake for 15 minutes. Allow to rest on a cooling rack.

growing wild nowadays on old walls in the British Isles. This variety of savory is much stronger and less pleasing to the taste. Its use these days is usually confined to herbal mixtures, although it does have the same medicinal properties and may be used, sparingly, as one would use summer savory.

Summer savoury is a tall herb with straight, branched stems that are squarish and take up a lot of space in a »



Cook &

SERVES 4-6

Green Bean & Tomato Salad

A LIVELY side dish, or a happy salad on its own!

Green Beans 1 lb, trimmed
Cherry Tomatoes 12, halved
Fresh Parsley chopped, 1 cup
Fresh Summer Savory chopped, ½ cup
Lemon Zest from ½ a lemon
Capers 1 Tbs, drained
Extra Virgin Olive Oil 3 Tbs
Lemon Juice from ½ a lemon
Grain Mustard 1 Tbs
Salt and Freshly Ground Black Pepper to taste

- 1 BLANCH** the green beans in boiling water until crisp tender, drain and rinse with cold water to stop the cooking and set the colour.
- 2 DRAIN** the beans and gently toss in a mixing bowl with the tomatoes, herbs, lemon zest and capers.
- 3 IN** a small bowl, whisk together the olive oil, lemon juice and mustard. Season to taste with salt and pepper.
- 4 POUR** the dressing over the salad and toss gently to combine.



Cook &

SERVES 2

Grilled Steak with Asparagus & Summer Savory

THE MARRIAGE OF ANCHOVY, savory and olive oil brings a succulent steak to life.

Striploin Steak 1 x 6-8 oz
Asparagus 1 small bunch, trimmed
Extra Virgin Olive Oil 3 Tbs
Anchovy Fillet 1, mashed
Fresh Summer Savory chopped, ½ cup
Salt and Freshly Ground Black Pepper to taste

- 1 GRILL** the steak to your preferred degree of doneness in a very hot cast iron pan. Remove the steak to a plate, cover with foil and allow to rest for 10 minutes.
- 2 IN** the same pan, grill the asparagus until tender and beginning to char.
- 3 IN** a small bowl, whisk together the olive oil, anchovy and summer savory. Taste for saltiness then season with pepper and a little salt is needed.
- 4 SLICE** the steak across the grain and divide between two plates, along with the asparagus. Drizzle with the herb emulsion and serve immediately.



WIKIMEDIA COMMONS

«garden. The opposite leaves are grey in colour and like little lances or perhaps like straight needles. All parts of the plant are aromatic, including the small, pale violet or white flowers shaped like bells. These flowers are often used medicinally, especially because of their astringent, antiseptic, stomachic, expectorant and antispasmodic qualities. It is said that stomach and intestinal disorders benefit from products that include essential oils made from the plant's flowers. They appear in little clusters that attract bees. The fruit has four smooth nut-like pods or "berries". All parts of this aromatic plant may be used in in potpourris. **T&T**



AMPHITHE

PHOTOS THIS PAGE FROM
TOP Savory was a popular ingredient in Roman cooking; The Greek island of Amorgos.

SUSAN HALLETT is an Ottawa-based writer with a special interest in Eastern and Western Europe, history, travel, food and art.

Vegetarian Voyager



Cook &

VEGE &

SERVES 12

Kūmara Cake with Orange Toffee Sauce

All-Purpose Flour 1 cup**Wholemeal Flour** 1 cup**Baking Soda** 2 tsp**Mixed Spice** 2 tsp**Brown Sugar** ½ cup,
firmly packed**White Sugar** ½ cup**Orange Kūmara**
peeled, grated, 2 cups
(approx. 2 medium)**Eggs** 4**Canola or Rice Bran Oil**
1 cup**Seedless Oranges**
2 medium, peeled and
blended to a purée (leave
the skin on ½ an orange
for a more zesty flavour)**Orange Toffee
Sauce****Caster Sugar** 1 cup**Freshly Squeezed
Orange Juice**
⅓ cup**Cream** ⅓ cup

THIS RECIPE is from Christall Lowe's cookbook Kai. The kūmara one of the most significant crops for Māori, the indigenous people of New Zealand. It is a variety of sweet potato, with either red, purple or orange flesh. North American sweet potato is a fine substitute. Combined with oranges it makes a moist, luscious cake, delicious on its own or served with toffee sauce and ice cream. Says Christall, "As a one-bowl, easy-mix cake, you'll be whipping this up often!"

1 HEAT the oven to 160°C. Grease and line a medium rectangular cake tin (approx. 23 x 33 cm).

2 IN a large bowl, combine the dry ingredients, including kūmara, aerating with your hands.

3 ADD the wet ingredients to dry and mix with an electric beater on low for 1 minute.

4 POUR the batter into the prepared cake tin, and bake for 45 minutes or until cake springs back when lightly touched.

5 WHILE the cake cooks, make the orange toffee sauce. Place the sugar and orange juice in a medium saucepan and stir to combine. Cook the mixture over a

medium heat, without stirring, swirling the pan every now and then, until a light caramel colour, about 8 minutes.

6 REMOVE from the heat and carefully add cream (take care here as the mixture will bubble vigorously), then return to low heat and stir until smooth.

7 WHEN the cake is cooked, leave to rest in the tin for 10 minutes before slicing and serving warm, smothered in orange toffee sauce and topped with a scoop of vanilla ice cream.

8 TASTE and adjust any seasonings. Finish with a drizzle of olive oil. Sprinkle the pine nuts on top and serve.

Recipes reproduced with permission from Kai: Food stories and recipes from my family table, by Christall Lowe, photography by Christall Lowe, published by Bateman Books.

Ottawa

The Culinary Traveller's Guide

Neighbourhoods

BEECHWOOD An emerging Ottawa Eat Street with pubs, coffee shops, a kitchenware emporium, bakeries and a number of noteworthy restaurants.

BYWARD MARKET The area surrounding the ByWard Market is one of Ottawa's hottest and most central 'hoods. Along with the farmers' market itself, some of Ottawa's best restaurants and shops can be found here.

CHINATOWN Somerset St W. between Rochester St and Bay St is the best place to get your fill of cheap and tasty Asian eats. Just look for the opulent archway near Bronson Ave to know you're in the thick of it.

LITTLE ITALY Preston St (dubbed Corso Italia) is chock full of Italian pride — as well as some of the best eats in town. Keep an eye open for local events throughout the year.

MANOTICK Just south of the city is the charming riverside village of Manotick. Spend the day exploring the heritage district's boutiques, restaurants, cafés and specialty food shops and visit the historic **Watson's Mill** for a sack of stone-ground flour or a loaf of wholewheat bread.

THE GLEBE/OLD OTTAWA SOUTH While they're technically two separate neighbourhoods, both share a common main street (Bank St) and offer a plethora of fantastic restaurants and shops.

WELLINGTON WEST/HINTONBURG Wellington St W. encompasses the eclectic neighbourhoods of Wellington West and Hintonburg — two hot spots that are currently enjoying some serious gentrification.

WESTBORO The stretch of Richmond Rd between Island Park Dr. and Golden Ave is known for its tight-knit community vibe, as well as its ever-increasing array of great eateries and boutiques.

Cooking Classes

LE CORDON BLEU OTTAWA Day classes and workshops as well as professional courses. 453 Laurier Ave E. www.lcbottawa.com

OTTAWA CHINESE COOKING STUDIO Asian cuisine, evening classes. 211 Black Sage Cres. www.chinesecookingstudio.com

THE CULTURAL KITCHEN Specializes in Mexican cuisine. 836 Como Cres., Orleans. www.theculturalkitchen.com

THE URBAN ELEMENT Weeknight and weekend classes. 424 Parkdale Ave. www.theurbanelement.ca

C'EST BON COOKING Market tours and French cooking classes led by Chef Andrée Riffou. 361 Daly Ave. www.cestboncooking.ca



Ottawa's great tastes.

- Art-is-in Bread
- Beaver Tails
- Bekings Eggs
- Bridgehead Coffee
- Burgers from The Works
- Clarmell Farms Goat Cheese
- Cochrane's Dairy Milk
- Domaine Perrault Wines
- Elk Ranch Meats
- Maple Syrup
- Mariposa Farm Duck
- Mrs McGarrigle's Mustard
- O'Brien Farms Beef
- Ontario Honey
- Pascale's Ice Cream
- Pies by Life of Pie
- Quebec Cheeses
- Rochon Garden Strawberries
- Stella Luna Gelato
- Truffle Treasures
- Upper Canada Cranberries



Kitchen Stores

CHEF'S PARADISE This Old Ottawa South staple is heaven for amateur and professional chefs alike. 1314 Bank St. www.caparadis.com

J.D. ADAM John and Jennifer Adam's store crammed with kitchen and home accessories has been a fixture in the Glebe since 1988. 795 Bank St. www.jdadam.ca

KITCHENALIA Small in size but still packed with all the gadgets and cookbooks you could ever want. 274A Richmond Rd.

MA CUISINE A huge shop with an equally huge selection and a great downtown location. 269 Dalhousie St.

JACOBSON'S A family-run emporium stocked with quality kitchenwares and gourmet treats. 141 Beechwood Ave. www.jacobsons.ca

Markets

BYWARD MARKET Open daily, 6 am–6 pm (hours vary depending on weather), year round. www.byward-market.com

OTTAWA PARKDALE MARKET Parkdale Ave. at Wellington. 7 days/week, 7 am–6 pm, late April–Dec. 24.

OTTAWA FARMERS' MARKET Lansdowne Park, Ottawa. Winter Market: Sundays, 10 am–3 pm, January–April. Summer Market: Sundays, 9 am–3 pm, May–November. **Byron Park, Westboro.** Saturdays, 9:30 am–3 pm, May–October. **Centrum Plaza, Orleans.** Fridays, 11 am–6 pm, May–October.

OTTAWA ORGANIC FARMERS' MARKET Open Saturday, 10 am–2 pm, year round. Behind the Canadian Tire store at the corner of **Heron Rd and Bank St.** (Indoors in winter). www.oofmarket.ca

For a complete listing of Ottawa area farmers' markets see www.farmersmarketsontario.com

Ottawa's great drinks.

- Beau's Beer
- Hogsback Brewing Company
- Kichesippi Beer



Toronto

BY SUSAN BARDI

The Culinary Traveller's Guide

Markets

KENSINGTON MARKET An eclectic mix of Latin American grocers, cafés, vintage clothing stores, restaurants, fresh produce, Portuguese bakeries, butchers, and cheese shops. **Nassau St between Augusta and Bellevue.** Open daily, year round. www.kensington-market.ca

ST LAWRENCE MARKET A Toronto landmark and largest indoor market in the city. Open Tuesday–Saturday, year round. Farmers Market, Saturday, 5 am–3 pm. Antique Market, Sunday, 5 am–5 pm. **Corner of Front St. and Jarvis St.** www.stlawrencemarket.com

EVERGREEN BRICK WORKS FARMER'S MARKET Saturday market featuring local organic producers. Free kids' activities. **544 Bayview Ave.** www.ebw.evergreen.ca

Cooking Classes

AOHRODITE COOKS 201 Weston Rd, Ste 101 www.aphroditecooks.com

ARVINDA'S HEALTHY GOURMET INDIAN 876 Bathurst St. www.hgic.ca

BONNIE GORDON 868 Eglinton Ave. W. www.bonniegordoncollege.com

DISH COOKING STUDIO 390 Dupont St www.dishcookingstudio.com

THE CHEF UPSTAIRS 516 Mt Pleasant Rd. www.thechefupstairs.com

CIRILLO'S CULINARY ACADEMY 4894 Dundas St. W. www.cirillosacademy.com

THE HEALTHY BUTCHER 298 Eglinton Ave. W. www.thehealthybutcher.com

LIAISON COLLEGE 205 Richmond St. W. www.liaisoncollege.com

NELLA CUCINA 876 Bathurst St. www.nellacucina.ca

VIVA TASTINGS St. Lawrence Market. www.vivatastings.com

Kitchen Stores

MENU 2901 Bayview Ave.

PEPPERMILLS 2098 Yonge St.

GOOD EGG In Kensington Market at 267 Augusta Ave.

HIGH TECH 106 Front St E.

IQ LIVING 524 Danforth Ave.

DEGREES 2588 Yonge St.

PLACEWARES St Lawrence Market. 

Neighbourhoods

THE BEACHES A lakeside community just 15 minutes east of downtown, with an eclectic mix of shops, sidewalk cafés, restaurants, pubs and yoga studios. The boardwalk is a favourite place on a hot summer's day.

BLOOR WEST VILLAGE Bloor St West of High Park owes much of its identity to the Eastern European Community. Many European delis and bakeries remain alongside local eateries, cafés and shops.

CHINATOWNS Everything from housewares and Asian grocers to dim sum and noodle houses in this area around Dundas Ave W. and Spadina Ave. East Chinatown at Gerrard and Broadview Ave has plenty of pho restaurants and one of the best seafood stores in the city.

THE DANFORTH Danforth Ave from Broadview to Greenwood Ave is Toronto's Greektown and home of the annual 'Taste of the Danforth Festival,' celebrating Greek food and culture. Restaurants, pubs, cafés and clubs make this area a hot spot in the evening.

DISTILLERY DISTRICT The restored Distillery District is an ideal setting for local restaurants, design stores, cafés and art galleries. The **Case Goods Warehouse** is home to local artists' studios, custom jewellery, crafts and workshops.

THE ENTERTAINMENT DISTRICT This area of King St West between University Ave and Spadina Ave encompasses theatres, performing arts centres, Toronto's four major-league sports teams and an array of cultural and family attractions. Dining ranges from pubs and bars to upscale bistros.

KING ST EAST This burgeoning restaurant district includes fine dining establishments, high-end furniture design stores and the city's top culinary institute.

LESLIEVILLE Historically the lighting industry and film district east of the Don River, Leslieville is now one of Toronto's best brunch destinations and trendiest areas to dine, drink and shop. Great cafés, vintage shops and boutiques.

LITTLE ITALY Traditional bars and cafés and the best gelato are found in this Italian community along College St West. New martini bars and clubs make this area a lively night spot.

WEST QUEEN WEST This colorful neighbourhood on Queen West around Trinity Bellwoods Park is home to cutting edge art galleries, great eateries, specialty food stores, one-of-a-kind shops and night life hubs such the Drake and Gladstone hotels.

YORKVILLE Toronto's original 1960s bohemian enclave has long given way to designer boutiques, high-end hotels and restaurants. Sophisticated food shops and cafés dot this area of Cumberland and Yorkville.

Toronto's great tastes.

- Brick Street Bread
- Sunshine Farm Pickles
- Clement's Poultry
- Cumbrae Meats
- Delight's Handmade Organic Ice Cream
- Epi Breads
- From These Roots Jams
- Healthy Butcher
- Jensen Cheese
- Nude Bee Honey
- Mary Macleod's Shortbread
- Organic Meadows Eggs
- River's Edge Goat Dairy
- St John's Bakery
- The Big Carrot
- Western Cream Cheese

Toronto's great drinks.

- Augusta Ale
- Balzacs Coffee
- Brickworks Ciderhouse
- Steam Whistle Beer



Montreal

BY EMILY KENNEDY

The Culinary Traveller's Guide

Neighbourhoods

OLD MONTREAL Lining the edge of the St Lawrence River is *Vieux Montreal* with its cobblestone streets, picturesque squares, old-world architecture, quais, cafés and small parks. Amongst them you'll also find intimate fine-dining, such as **Pastel**, once a café, now a playful small-plates gem. Charming, although narrow, Rue St Paul is where you'll find many artisans, while Rue de la Commune is a breezy waterfront street teeming with cyclists, wandering tourists and Cirque du Soleil patrons.

DOWNTOWN Rue Ste-Catherine is the busy hub of downtown with big-name fashion brands and department stores. But along Notre-Dame Ouest and Rue Charlevoix is a somewhat secluded eating and drinking scene. For example, **Restaurant Candide**, hidden in the back half of a church in the suburb called Little Burgundy, is a unique fine-dining experience.

LE PLATEAU MONT-ROYAL This is a hip area for eating out (only second in "coolness" to Mile End and Mile Ex), with a range of restaurants for all meals of the day, although if you eat at the famous **Au Pied du Cochon**, you may not need any other meals! You'll also find a healthy amount of BYOB bistros and big plates along Le Jardins de Panos.

MILE END, MILE EX and LITTLE ITALY Looking to do some culinary shopping? Little Italy is the best area for kitchen items. These neighbourhoods are also where you'll find some really unique, although not necessarily pricey, bistros, lounges and many cafés. Hip new Mile Ex is considered Montreal's most creative area, with hidden bars, brasseries and many boutique eateries. Within the few-block radius of Mile End you'll find a global variety of foods: from Italian pasta shops; to Jewish sweets stores; to Greek vegetarian bistros and even North African food. It's also where you'll find St Viateur street, sometimes referred to as "sesame street" for the trail of sesame seeds that lead to the famous 24-hour bagel shops of the same name.



Montreal's great tastes.

There are many local bagel bakeries. For a fresh bagel any time of day, try

St-Viateur Bagel (open 24 hours) at their 263 St-Viateur Ouest or location.

For a more traditional bakery, visit **Boulangerie Guillaume** with its cute courtyard — a feature you'll need as this small bakery is a very popular spot. Warning: their white-chocolate brioche bread is addictive. 5134 St Laurent Blvd.

Montreal smoked meat is available all over town, but try **Schwartz's** — a Montreal tradition since 1928 — while you're there pick up some Montreal steak spice to bring home. Local's tip: Eat the pickle last to wash down the fats. 3895 St-Laurent Blvd.

If you're in search of Québécois delicacies, such as cheeses, smoked meats, preserves and more, visit **Marché des Saveurs** (in Marché Jean-Talon) and in Mile End stop in at **Boucherie Lawrence** (5237 St-Laurent Blvd.), whose charmingly hazy shop proves they smoke the meat in-house!

A great way to get acquainted with Montreal's different neighbourhoods is a walking food tour. Try **Local Montreal Food Tours** or **Round Table Tours** for tours of areas like Mile End, Old Montreal, the Plateau and more. Bonus, food tour guides let you skip lines at popular spots.

www.localfoodtours.com
www.roundtabletours.com

Some of Montreal's great brewers.

- Unibroue
- Microbrasserie de Charlevoix
- Le Trou du diable
- Les Trois Mousquetaires



LIZ WEST



- Goudale
- Belle Guele
- Brasseurs du Monde
- Dieu du Ciel
- Pit Caribou
- Le Castor
- Le Lièvre
- Les Soeurs Grises
- Brasseurs Illimités
- Brasseurs Dunham
- Le Bilboquet
- McAuslan
- L'Alchimiste
- Charlevoix

Markets

MARCHÉ JEAN-TALON This is the city's largest food market, with several hundred stalls selling all kinds of fresh produce, and offering many taste tests! There are also several delis and cafés where you can get sandwiches, crêpes and other meals. 7075 Ave Casgrain, 7 am–6 pm Mon, Wed and Sat; to 8 pm Thu and Fri; to 5 pm Sun.

MARCHÉ ATWATER You'll find this market on the banks of the Canal de Lachine. Inside the vaulted hall are high-end delicatessens and specialty food shops, outside are various other vendors. 138 Ave Atwater, 7 am–6 pm Mon-Wed; to 7 pm Thu; to 8 pm Fri; to 5 pm Sat and Sun.

MARCHÉ BONSECOURS Built in 1847, Montreal's oldest public market sold meats and fresh produce right up until 1963. Although you won't find fresh ingredients here today, the neoclassical heritage building is still an edifice to be admired. It now houses several cafés, and boutique shops selling arts, crafts and fashion pieces. In warmer months a number of al fresco restaurants take over the front façade at 350 Saint-Paul Est.

www.marchebonsecours.qc.ca

All of Montreal's markets are open year-round. For a complete listing of Montreal's farmers' markets see www.marchepublics-mtl.com

Kitchen Stores

LES TOUILLEURS
152 Avenue Laurier Ouest.

QUINCAILLERIE DANTE
6851 St-Dominique Street.

Calgary

BY STEPHANIE ARSENAULT

The Culinary Traveller's Guide

Neighbourhoods

KENSINGTON One of Calgary's most beloved neighbourhoods also offers up an impressive assortment of culinary gems. Make a reservation at the stellar **Oxbow**, located in Hotel Arts Kensington, or grab a seat at **Container Bar** and indulge in a plate of Duck Poutine or Crispy Pigs Ears — at the city's most gourmet alleyway getup. Want takeout? Grab a box of fried chicken, chips, and corn fritters at **Chicken on the Way**, a city favourite since 1958. If Naples-style pizza is your thing, make sure to stop by **Pulcinella** for a quick pie, and follow it up with a scoop of frozen goodness at **Amato Gelato**, just down the street.

DOWNTOWN There's no shortage of restaurants, cafes, and shops in Calgary's downtown, and it's always growing. Stop by the food hall at **The District at Beltline** for a bite from some of the city's best-known chefs, and sip on some suds at one of the hall's tasting rooms or restaurants. Indulge in some of the city's tastiest plates (and a killer happy hour, to boot) at the nearby **Bridgette Bar**, try out the incredible tequila selection and drool-worthy Mexican cuisine at **Native Tongues**, or if you're looking for some southeast Asian spice, pop by **Thai Sa-on** for some of the best Thai food in the city. In the culinary gem that is Calgary's Chinatown, you'll find **Paper Lantern**; an intimate, lively speakeasy serving up legit Vietnamese food and Vietnam-inspired cocktails. **D.O.P.** is the perfect spot for those craving some authentic Italian, and **V Burger** on 17th avenue has plenty of vegan goodness for fast-food lovers. Want to go all out? Try making a reservation at the buzzworthy **Major Tom Bar**. Located on the 40th floor of Stephen Avenue Place, this classic-meets-modern spot gives 60's dinner club vibes and has a beef program worth writing home about.

INGLEWOOD & THE EAST VILLAGE One can spend hours upon hours just strolling around Inglewood, without any concern about whether or not they'll go hungry. Keep caffeinated at **Gravity**, grab a bottle or two of wine at **Brick's Wine Co.**, or pick up some spices to complement dinner at the **Silk**

Road Spice Merchant. Have a grumbling belly? Satisfy that hunger at a long-time city favourite, **Rouge**, or the newer **Gwailo**, where you can get your hands on killer cocktails and Hong Kong adjacent dishes like Tempura Confit Mushrooms and Dan Dan Noodle Bolognese. Finish up all of this deliciousness with a stop at **Cochu Chocolatier** for some international award-winning house-made chocolate.

4TH STREET Head to Mission for an incredible cultural mish-mash of culinary gems, like **Anejo** (tequila and Mexican food), **Blowers & Grafton** (east coast grub and some of the tastiest Caesars in Calgary), **Shokunin** (to-die-for Japanese), **Roy's Korean Kitchen** (beloved Calgary chef, Roy Oh's latest project), and **La Boulangerie** (French pastries and more). You simply can't go wrong.

THE 'BURBS The trip to **Beirut Street Food** on Fairmount Drive is worth it for the Shawarma Poutine alone, and for a killer menu and a restaurant with a view, be sure to dine at Canadian Rocky Mountain Resorts' **Lakehouse** on Lake Bonavista. While you're in the area, stop by **Willow Park Village** for some deliciousness at **Deville Coffee**, **Urban Butcher**, **North Sea Fish Market**, **Crave Cupcakes**, **Willow Park Wines & Spirits**, and **Springbank Cheese**. What else could you ask for? If you're on the west



- Honey, mead, and candles from **Fallentimber Meadery**
- Pierogies from **Heritage Deli**
- Sausages from **Spolumbos**
- Sourdough bread from **Sidewalk Citizen**
- Cheese from **Peasant Cheese**



THE CALGARY CRAFT BEER scene is growing at a pace faster than our tastebuds can keep up with! Thankfully, the interactive map at yycbeer.ca is about as thorough as it gets.



STEPHANIE ARSENAULT

side of the city, check out the Indian food at **Nawab Restaurant**, grab some tapas at **Vin Room West**, and pick up a bottle of wine at **VR Wine**, Vin Room's accompanying bottle shop.

Cooking Classes

Enjoy one of the many different classes at the **Cookbook Co.**, learn from the best at the SAIT-run **Culinary Campus**, or take in one of the interactive classes at Calgary's **Cuisine et Chateau**.

Kitchen Stores

If you're in the market for some new chef tools, be sure to head to **Knifewear** in Inglewood for the finest selection in Japanese knives, or head west to the **Cookbook Co.**; it's your best bet for specialty foods, kitchenware, cookbooks, and so much more.

Markets

The **Calgary Farmers' Market** and the **Crossroads Market** are both year-round, but some of the markets within and on the outskirts of the city are must-see events, like the **Millarville Farmers' Market**, just south of Calgary. 

Winnipeg

BY ANDREA RATUSKI

The Culinary Traveller's Guide

Neighbourhoods

DOWNTOWN Winnipeg's downtown has experienced an exciting revitalization. The city's arena, the Bell MTS Place, is drawing people back to the area, with new hotels, restaurants and bars opening, while older storefronts are spiffing up. Try **The Merchant** in the stylish Alt Hotel.

THE EXCHANGE Winnipeg's historic Exchange District has become a real arts hub, with new tech companies complementing the galleries and condo developments. Add to this the area's proximity to the bulk of the city's entertainment venues, and it's no surprise the streets are overflowing with restaurants and bars. **Deer + Almond** sets the creative standard, and **Peasant Cookery** impresses with house-made charcuterie. **Clementine** offers the most innovative breakfast and lunch options, while **Chosabi** is the choice for casual Asian. Across Main Street look for options like **Carnaval Brazilian BBQ** and **The Mitchell Block**.

CORYDON AVENUE Once known as Little Italy for its abundance of trattorias, the strip is now home to many sushi restaurants. The street is still one of the best for a sunny drink on a terrace, a gelato at **Nucci's**, or leisurely stroll. Further west down Corydon, star newcomers **Chew** (and its **Store Next Door** bakery) and **Enoteca** rub elbows with popular **Bonfire Bistro** and **Mona Lisa**.

CHINATOWN The enormous Chinatown gate on King Street welcomes visitors to Winnipeg's original Chinese neighbourhood which features a cultural centre, Asian grocery stores and traditional Chinese restaurants.

ST. BONIFACE Across the magnificent Esplanade Riel over the Red River is Winnipeg's francophone community, home to the French-language university and bookstores, unique shops and cafés. A stroll up Provencher Boulevard takes you to **Chocolatier Constance Popp**, **Café Postal** and the lively nightspot, **Le Garage Bistro**. Around the corner, look for **Le Croissant** and **La Belle Baguette French** bakeries.

SHERBROOK STREET Once a little shabby, this strip between the Maryland Bridge and Broadway is now a burgeoning restaurant district with a strong community spirit.

Newcomer **Sherbrook Street Delicatessen** cozies up next to **Stella's** popular Café and Bakery. **The Tallest Poppy** offers comfort while **Boon Burger** attracts the vegan. **Thom Borgen Coffee and Tea** offers the very best warming drinks.

OSBORNE VILLAGE/SOUTH OSBORNE Still a hipster haven, The Village is chock-a-block full of unique shops and ever-changing restaurants, highlighted by tapas-slinging **Segovia**, meat-lovers' **NuBurger**, **The Cornerstone**, and **Little Sister** pouring hot coffee around the corner. Nearby in Crescentwood, check out chef Scott Bagshaw's Asian-French fusion place, **Mâquè**. Down the way — well quite a way — South Osborne is livened up by ultra-creative **Oxbow**.

ACADEMY ROAD With its friendly and classy neighbourhood feel, Academy Road entices with exclusive and specialty clothing shops, welcoming outdoor patios and popular restaurants like **Fusion Grill**, **Pizzeria Gusto** and newbie **Fusian Experience**.

Winnipeg's great tastes.

- Bothwell Cheese
- Braman's Greens
- Chocolatier Constance Popp
- City Bread
- Cornelle Creme
- Flora and Farmer
- Greenland Gardens
- Gunn's Bakery
- Jeanne's Bakery
- Mordens' Chocolates
- Nature's Farm Eggs
- Old Dutch Potato Chips
- Perogies
- Pickerel
- Sleepy Owl Bakery
- Smoked Goldeye
- Tall Grass Prairie Bread Company
- Trappist Cheese



WEST END Ellice and Sargent Avenues are dotted with inexpensive ethnic eateries reflecting the diverse makeup of the neighbourhood — Vietnamese, Indian and Ethiopian among them.

THE FORKS Marking the historical meeting place of aboriginal peoples at the confluence of the Red and Assiniboine Rivers, The Forks is still a gathering place for shopping and outdoor activities year round, with a range of eateries. **The Common** is a new craft beer and wine kiosk in the renovated Food Hall, enhanced by eateries like **The Red Ember** for pizza and inventive-Italian **Passero** (another Bagshaw venture). In season there is a Sunday Farmers' Market, 11 am–4 pm.

Markets

ST. NORBERT MARKET This enormous market just south of the perimeter features some of the region's finest farm-fresh produce, meats, baked goods and crafts. Live music. Saturday 8 am–3 pm, Wednesday 11 am–4 pm in season. Now Saturday 10 am–2 pm bi-weekly in winter. **3514 Pembina Hwy, St. Norbert.**

DOWNTOWN BIZ FARMERS' MARKET A vibrant urban buzz, Thursday, 10 am–3 pm in season, **Manitoba Hydro Plaza**. Inside at Cityplace in winter, **333 St. Mary Ave.**

WOLSELEY FARMERS' MARKET Neighbourly vibe on a shaded plaza, Tuesday and Thursday, 3:30 pm–6:30 pm in season, **980 Palmerston Ave.**

JARDIN ST. LEON GARDENS Outdoor market offering fruits and vegetables in season. **419 St. Mary's Rd.**

Cooking Classes

DE LUCA'S www.deluca.ca

THE FOOD STUDIO www.foodstudio.net

RED RIVER COLLEGE CULINARY WORKSHOPS www.rrc.ca

Kitchen Stores

d.a. NIELS www.danielsgourmetkitchenware.ca

THE HAPPY COOKER www.thehappycooker.ca

Winnipeg's great drinks.

- Farmery Estate Brewery
- Half Pints Brewing Co.
- Fort Garry Brewing Company



San Diego

BY STEPHANIE ARSENAULT

The Culinary Traveller's Guide

Neighbourhoods

NORTH COUNTY It's no surprise that this coastal area has a relaxed So-Cal vibe, and the restaurants, naturally, follow suit. Check out Oceanside's **Wrench & Rodent Seabastropub** for chef-centric sushi and seafood, or the oceanfront **Valle**, a culinary tribute to Baja's Valle de Guadalupe. There's a reason that **Jeune et Jolie** is regularly featured on best restaurant lists; the beloved Carlsbad spot serves up sophisticated, yet approachable French cuisine that is not to be missed. The light and airy decor at **The Waverly** in Cardiff-by-the-Sea sets the perfect mood to enjoy a laid back but chic menu, delectable cocktails, and a lovely happy hour. Extra points if you catch a sunset from their west-facing patio seating. Solana Beach's **ALCE 101** is made for tequila-lovers, dons farm-to-table southwestern dishes, and has the dreamiest garden patio, to boot. Feeling fancy? Treat yourself to an exquisite experience with a nine-course tasting menu at San Diego's first and only two-star Michelin restaurant, **Addison**, in Del Mar.

CENTRAL If you find yourself in ritzy La Jolla, fuel up at **Bird Rock Coffee**, grab some baked goodies at **Wayfarer Bread & Pastry**, and stop at **Smallgoods Cheeseshop & Café** for some artisan cheese. The Pacific and Mission Beach area may be best known for its party vibes and Belmont Park, but you can also get an amazing breakfast while people-watching at **Woody's** or get your tiki on at **The Grass Skirt**. Head inland to **Menya Ultra** in Mira Mesa for some of the best tonkotsu ramen in the city. For more incredible Asian cuisine, visit historic Convoy Street in Kearny Mesa, where you'll find an assortment of Vietnamese, Japanese, Chinese and Korean grub. If you're going to make a stop in the birthplace of California — SD's Old Town — grab a bite at **Café Coyote**, and then try your hand at a mezcal tasting at **Tahona**. Fill your day with craft beer, tacos, pizza, coffee, and fun shops in the neighbouring 'hoods, North and South Park. In the latter, head to **The Rose** for a glass of natural wine (and shop their bottles and provisions while you're at it!), then make your way to North Park's **Wormwood** for a celebration all things absinthe. If Ethiopian food is what you're after, nearby **Awash** will satisfy your cravings. While great Italian food

can be found throughout SD, Little Italy is obviously the city's epicentre of all things Italian. From the Saturday and Wednesday markets to **Camino Riviera**, Instagram-worthy **Wolfie's Carousel**, and brunch boss **Morning Glory**, visitors are bound to find something to fill their bellies and quench their thirst in the area. The Gaslamp District is not only SD's historical downtown, but it's packed with restaurants, bars, and nightlife. More toward the East Village, **Callie** serves up impeccable Mediterranean food, while nearby **IZOLA** is touted as the best bakery in the country. Along the waterfront and a little bit north, you'll find Asian-inspired **ANIMAE**, and the Rome-esque rooftop gem that is **Seneca Trattoria**. A trip to the surfing and hippie mecca that is Ocean Beach would not be complete without a big ol' burger at **Hodad's**, a plate of fresh pasta at **Cesarina**, or some pho and a peanut butter whiskey shot at **OB Noodle House**. **Barrio Logan** is a feast on



- California Burrito
- Catch of the day from the Tuna Harbor Dockside Market
- Carne asada fries
- Bitchin' Sauce
- Pacific Beach peanut butter

With more than 150 breweries in the county, craft beer reigns supreme in San Diego. Of course, you can try your hand at visiting as many as you can, but there are way too many to check out on a single visit. If you want to leave your experience to the experts, hop on a public tour with **Brewery Tours of San Diego** (brewerytoursofsandiego.com). Get the low-down on beer in San Diego at sdbeer.com.

If wine is more your thing, you're in luck because there are 150 wineries in the county, including over a dozen urban wineries. For more information (and an interactive map), visit sandiegowineries.org.



the eyes (hello, National Historic Landmark, Chicano Park!), but also on the stomach. Get there early and make your way to **Por Vida** for a dulce de leche latte, then hop over to **iSalud!** for a taco-filled lunch.

SOUTH Famed for the 130-year-old Hotel del Coronado, a stop at Coronado's seaside resort is a no-brainer; afterward, venture a few blocks away to **Little Frenchie**, a chic Parisian-style bistro. More tacos? The answer is always yes. Tijuana-based **Tacos El Gordo's** cross-border location in Chula Vista is possibly the most famous taqueria in town, and for good reason. Come hungry.

Cooking Classes

Cucina Migrante (cucinamigrante.com) offers an assortment of options including vegan, Italian, mozzarella from scratch, and farmers' market tours followed by cooking classes.

Wild Willow Farm (wildwillowfarm.org) is a non-profit educational farm in South San Diego along the Tijuana River, and they not only have classes, but farm tours, too.

Cook with Jason (cookwithjason.com) offers private cooking classes that focus on local ingredients and learning various techniques. For select classes, Jason also includes tours of the Solana Beach farmers' market and local wine, beer, and olive oil tastings.

Kitchen Stores

Sur La Table (surlatable.com) boasts an impressive variety of kitchen and cooking supplies, hard-to-find ingredients, and even cooking classes!

We Olive & Wine Bar (weolive.com) is one of the few places that you can grab a glass of wine while you shop! Pick up a bottle of olive oil, vinegar, gourmet pasta, or a gift basket, and finish up your experience with a charcuterie board or some prosciutto-wrapped dates.

Pigment (shoppigment.com) is one of the city's trendiest shops, and along with plants, stationary, and all kinds of gifts, they have some fantastic home goods.

Markets

San Diego is home to dozens of certified Farmers' Markets, which means no matter the time of year or day of the week, you can get your hands on locally grown, locally produced goods. For more info on farmers' markets throughout the area, visit sdfarmbureau.org. 

Vancouver

BY JOHANNA READ
www.TravelEater.net

The Culinary Traveller's Guide

Neighbourhoods

GRANVILLE ISLAND The tiny peninsula under the Granville Bridge hosts Vancouver's year-round public market and is crowded with culinary specialty shops and eateries.

KITSILANO Beachy Kits has lots of vegan and organic picks plus neighbourhood joints and fine dining. Grocery selections include Kitsilano Natural Foods.

DOWNTOWN You can eat well downtown throughout the day at top brunch institutions like **Café Medina** and **Jam Café**, a wealth of food trucks and coffee spots, innovative lunchtime eateries and great dinner selections.

GASTOWN Vancouver's historic neighbourhood, just east of downtown, seems to have the highest concentration of the city's cool restaurants. You'll find craft beer, innovative cocktails, tasting flights of coffee, fried pickles, bao sandwiches and the city's most innovative dishes.

CHINATOWN Great Chinese food, of course, but Japanese-Italian fusion, fantastic fried chicken, and some of the best cocktail bars in town.

COMMERCIAL DRIVE "The Drive", once known as Vancouver's Little Italy, certainly has great Italian but the 22-block strip has eateries from all over the world including El Salvador and Nepal, plus several tap houses.

THE WEST END The neighbourhood next door to Stanley Park includes a cluster of excellent ramen shops near Denman and Robson plus several go-to eateries along Davie and Denman.

EAST VAN Residents of this large area eat well at a wide range of neighbourhood cafés like **Osteria Savio Volpe** and **Crowbar**, plus pick up ingredients for their kitchens at shops like the no-packaging **Nada Grocery**.

RICHMOND Some say Vancouver's airport suburb has better Chinese food than China and Hong Kong, but you can also find French cuisine and afternoon tea set in an Asian art gallery, a winery and over 200 farms.

Markets

GRANVILLE ISLAND PUBLIC MARKET Open daily, 9 am–7 pm. www.GranvilleIsland.com/Public-Market

VANCOUVER FARMERS MARKETS Various locations on Wednesdays, Thursdays, Saturdays and Sundays, some starting in April and May, others in June, all going until October. www.EatLocal.org

LADNER VILLAGE MARKET Every second Sunday from June to early September. www.LadnerVillageMarket.com

Cooking Classes

PACIFIC INSTITUTE OF CULINARY ARTS Wine and casual cooking classes, teen camps plus professional programs. 101-1505 W. 2nd Ave. www.PICAchef.com



Vancouver's great tastes.

- | | |
|---|---|
| • Nelson the Seagull sourdough | • Rogers Best Brown sugar |
| • Charcuterie from Oyama Sausage Co. | • Amola sea salt |
| • Baguettes by Terra Breads | • Soups and stocks from The Stock Market |
| • Smits & Co.w chilli pepper goat gouda | • East Van Jam's high-fruit low-sugar spreads |
| • Tacofino's fish tacos | • Umaluma's non-dairy gelato |
| • Vij's keep-in-the-freezer meals | • Ice cream taco Tuesdays at Rain or Shine |
| • Spot prawns | • Doughnuts by Cartems Donuts |
| • The Juke Box from Juke Fried Chicken | • The Wooden Boat's nuoc cham |
| • Temper Chocolate | |
| • Soups by kitskitchen | |

THE DIRTY APRON COOKING SCHOOL

Hands-on classes, their own cookbook and a YouTube channel. 540 Beatty St.

www.DirtyApron.com

PASTRY TRAINING CENTRE OF VANCOUVER

Pastry, baking and chocolate classes for pros and aspiring home chefs; the retail store provides tools and supplies. 818 Renfrew St. www.VancouverPastrySchool.com

NORTHWEST CULINARY ACADEMY OF VANCOUVER

Classes for professionals and enthusiasts, including 6-evening basics, 2-week boot camps, 8-week intensives. 2725 Main St. www.NWCAV.com

Cooking Classes

THE GOURMET WAREHOUSE Supplying both amateurs and pros with tools and ingredients, with cooking classes too. 1340 E. Hastings St. www.GourmetWarehouse.ca

COOK CULTURE Stocking bake- and cookware, tools and servingware, plus hands-on and demonstration cooking classes. 377 Howe St. plus locations on W. Broadway and in North Van.

www.CookCulture.com

MING WO COOKWARE Vancouver's source for kitchenware since 1917. 2707 Granville St. and other locations. www.MingWo.com

BOSA FOODS Specializing in Italian and Mediterranean ingredients and kitchenware. 1465 Kootenay St. and 562 Victoria Dr. www.BosaFoods.com 



Vancouver's great drinks.

- | | |
|---|---|
| • Café Medina's lavender latte | • Nectar Juicery juices |
| • Sherry Bone Luge from Wildebeest | • Long Table Distillery's Cucumber Gin |
| • Roots and Wings' coffee-infused Double Vice Vodka | • Bittered Sling bitters |
| • JJ Bean coffee and JJ Leaf teas | • Domo stone-ground teas |
| • 49th Parallel Coffee | • Osake small batch wines by Artisan Sake Maker |
| • Coffee beans from East Van Roasters | • Anything created by Kaitlyn Stewart, winner of World's Best Bartender in 2017 |
| • Culture Craft Kombucha | |

Cooking with TASTE & TRAVEL



WE'RE A BAND OF PRETTY adventurous travelling cooks here at **TASTE&TRAVEL**, not afraid to try our hand at frying an insect, skinning an eel or making pesto out of peanuts and shrimp. We've done some of the head-scratching for you — translating instructions like 'boil for two whistles,' and 'cook until done,' introducing a standard set of metric or imperial measures and suggesting substitutions for

regionally specific ingredients that may be impossible to find where you are. We've tested all the recipes and presented them in a format that allows you to see at a glance if you have the ingredients at hand to begin cooking or need to plan a shopping trip. Other than that, we've left the recipes much as they came to us. Cooking from them is a journey of discovery that engages the mind as well as the hands and offers a window to other cultures that we want our readers to share. The one tool we consider indispensable in the kitchen is a digital scale with buttons that switch between metric and imperial measures. Armed with a scale, a measuring jug marked in millilitres and fluid ounces, and a set of measuring spoons, you have all you need to cook the recipes in each issue of **TASTE&TRAVEL**. If you get stuck, confused or otherwise need assistance with a recipe, help is just a click away at info@TasteAndTravelMagazine.com. Send us your questions and we'll do our best to answer them. We'd also like to hear your comments and welcome your feedback. 

Oven Temperature Conversion

275°F	140°C
300°F	150°C
325°F	160°C
350°F	180°C
375°F	190°C
400°F	200°C
425°F	220°C
450°F	230°C
475°F	240°C



...We're not afraid to try our hand at frying an insect, skinning an eel or making pesto out of peanuts and shrimp...



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Cook &

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Where's the (salt) BEEF?

People have been curing beef for centuries and this method of food preservation can be dated back to ancient times. The industrial production of cured meats didn't start until the English Industrial revolution, and since then, it has been a popular food choice. Below is a snapshot of the different types of the most talked about salt cured beef.

by JESSICA TRAN

Salt Beef or Corned Beef

In North America, it's called corned beef. In the UK, it's called salt beef. And in South Asia, it is called hunger beef. Despite the different names, all are based on the same concept with their own variations: a cut of beef cured in seasoned brine. A common question that comes up — where did the term corned beef come from? Before the days of refrigeration, the beef would be dry cured in coarse salt, the grains the size of corn kernels. Contrary to what some believe, it has nothing to do with corn. Corned beef in a can is one of the best known forms of corned beef and is great when prepared as a hash with sautéed onions, potatoes and cabbage. A must try is the British hot salt beef bagel filled with salt beef, an oozing



amount of hot English mustard and thick slices of dill pickle. Head to Brick Lane in London and you'll find a few options.

Pastrami

Pastrami was made popular in North America in the early 1900s by Jewish immigrants from Eastern Europe. It is generally made from the navel end of brisket, which gives it a unique fatty texture. With pastrami, the beef is cured, seasoned with a mix of spices, smoked for six plus hours and then steamed until the meat becomes extremely tender and soft. Try Katz's Deli for the famous New York style pastrami or Kenny & Zukes in Portland, a much talked about place that makes pastrami the good old fashioned way. www.katzdeli.com
www.kennyandzukes.com

Montreal Style Smoked Meat

There is always debate about which is better, New York style pastrami or Montreal style smoked meat. In the end, it comes down to personal taste and there isn't one style that wins hands down. Montreal style smoked meat is very similar to pastrami but the spice rub is more peppery in taste and the meat is typically smoked longer, capturing a deeper flavour. In Montreal, try Schwartz's or Pete's Smoke Meat for the best of the best. www.schwartzsdeli.com
www.smokemeatpete.com





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THE INFINITE LIST

Nº 17

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